



JANUARY 2021 – WINTER 8-WEEK SESSION

Registration is limited. Some insurances accepted.

Visit SaratogaStressReduction.com

TUESDAY NIGHT CLASS ONLY

Begins JANUARY 19th

Eight Tuesday nights from 5:30 to 7:00 pm

1/19/21 through 3/9/21

***All-Day Retreat (Required):**

Sunday, MARCH 7th, 11:00 am – 3:30 pm

WINTER CLASSES HELD ONLINE

Via ZOOM

URL INFO TO BE PROVIDED

Contact our office at (518) 581-3180 ext. 300

or Dr. Selma Nemer ext. 307

with any questions or for more information.

See page 2 - for Frequently Asked Questions...

We look forward to having you in our class!

WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM
*****FIRST DAY OF CLASS PREPARATION / FAQ*****

VISIT: SaratogaStressReduction.com

- Please complete your **Registration Packet** in advance of the program to secure your place in class. Registration forms are available online or can be mailed to you. You must pre-register. This is important, since class size is limited. **DO NOT EMAIL INSURANCE INFO.** Fax or snail mail only.
 - **Your non-refundable payment of \$50 is due before class #1** with your Registration Form and reserves your space in class.
 - **\$100 is due at class #1** to receive all course materials, which you will need for home practice.
 - **Payment balance is due at class #2.** We accept cash or checks (to “SSRP”) or visit our SSRP PROGRAM PAYMENTS WEBPAGE if you wish to use PayPal or any credit card:
<http://www.oneroofsaratoga.com/ssrs-program-payments/>
- **INSURANCE:** Please fill out the INSURANCE FORM in our registration packet if you wish to use your insurance for the program. Insurances we accept are listed on our website. If you have any insurance questions, please call Dr. Selma Nemer at 518-581-3180 ext 307. **DO NOT EMAIL INSURANCE INFO.** Fax or snail mail only.
- **This class will be held online via ZOOM. URL to be provided.**
- You will need a yoga mat, pillows (or meditation cushion) and blanket. Be sure to make yourself comfortable in a private room in your home, free of noise & distractions.
- For **CLASS #1** you will need a small box of raisins (or similar dried fruit) for mindful eating practice.
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and wear layers to ensure your comfort.
- Helpful reading: *Full Catastrophe Living* by Jon Kabat-Zinn (1990), Introduction & Chapter One. This is not at all mandatory, but can help orient you to the program.
- Call or email us, your instructors, with any questions and/or special scheduling concerns: **Selma Nemer (518) 581-3180 x 307 office, Mon. through Thurs. mornings**
snemer2@nycap.rr.com
Pierre Zimmerman (413) 992-7012 cell
pzimmie2@icloud.com
- **RE: POSSIBLE SNOW DAYS (NO SNOW DAYS DURING ZOOM SESSIONS)- ALL CLASSES WILL BE HELD...**
During winter months when we have “in person” sessions, for snow cancellation info. visit this webpage where we will POST ANY CANCELLATIONS OR DELAYS:
<http://www.oneroofsaratoga.com/saratoga-stress-reduction/schedule/>
Or call instructor Pierre Zimmerman *if you do not have web access*, **Pierre Zimmerman (413) 992-7012**
(Pls. do not call Mary or Selma on snow days, as they will not be in the office)**