



APRIL 2021 – SPRING 8-WEEK SESSION

Registration is limited. Some insurances accepted.

Visit SaratogaStressReduction.com

SATURDAY MORNING CLASS ONLY

Begins APRIL 10th

**Eight SATURDAY mornings from 8:30 to 10:00 am
4/10/21 through 5/29/21**

*** Special, Extended “Retreat” Class:
Saturday, MAY 22nd, 8:30 am – 12:00 noon**

ALL CLASSES HELD “IN PERSON”

AT CAFFÉ LENA, 47 Phila St, (2nd floor)

Elevator available

*Masks must be worn at all times,
and coronavirus safety measures, including distancing, will be practiced.*

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 BEFORE 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 BEFORE CLASS #1 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.
- Be sure to bring a fleece or sweater, as windows will be open. *Masks are required.
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and (again) wear layers to ensure temperature 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. -Thurs. snemer2@nycap.rr.com
Pierre Zimmerman (413) 992-7012 cell pzimmie2@icloud.com
- For your convenience, we have made all your class and practice materials accessible online at a password protected web page. Mary J. in the office will email you access information after you have registered and paid your deposit and materials fees. If you have any problems finding this info. feel free to contact Mary J. in our office M, TU, TH 8am-2pm. She is happy to assist.

Welcome to our class. We are happy you here are with us!