



JANUARY 2022 – WINTER 8-WEEK SESSION

Registration is limited. Some insurances accepted.

Visit SaratogaStressReduction.com

SATURDAY MORNING CLASS ONLY

Begins January 22, 2022

**Eight SATURDAY MORNINGS from 8:30 to 10:00 AM
1/22/22 through 3/12/22**

*** Special, Extended “Retreat” Class:**

Saturday, MARCH 5th, 8:30 am – 12:00 noon

ALL CLASSES HELD “IN PERSON”

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

Inquire with instructors about updated coronavirus safety measures.

*****NOTE: Caffe Lena requires proof of
full coronavirus vaccination for entry.**

*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...

WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM

FIRST DAY OF CLASS PREPARATION / FAQ

VISIT: SaratogaStressReduction.com

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

- 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.
- Caffe Lena requires proof of full coronavirus vaccination for entry. Be sure to bring this and a mask with you to CLASS #1. Inquire with instructors about any other updated coronavirus safety measures.
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and wear layers to ensure temperature comfort. Bring a fleece or sweater.
- 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 to this information BEFORE CLASS #1, after you have registered and paid your \$50 deposit + \$100 materials fee. If you have any problems finding this info. feel free to contact Mary J. in our office **M, TU, TH, 8am-4pm.** She is happy to assist during these office hours.
- **FOR POSSIBLE SNOW DAYS:** During winter months, 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)*