



Mission

To serve the needs of my clients through the application of various manual therapy and yoga techniques and principles, aiming to help improve overall wellness through greater awareness of the Self.

Vision

Helping my clients appreciate their body and its abilities through breath work, movement and intention with opportunities to connect mind and body on both the treatment table and the yoga mat.

Values

Individualized Approach

I provide an experience that is unique to every client, meeting you and your body where you are. Respect for your needs, dignity, rights, health, and safety is my top priority. Therapeutic relationships are built on mutual trust and consent, always working with the intention to help you reach your treatment goals. The CARE environment is meant to feel comfortable and inclusive to all people, using evidence and trauma informed practice strategies to provide quality care.

Authentic Interaction

I am passionate about helping clients discover how good their bodies are meant to feel. I conduct treatment sessions and classes with professionalism to positively represent both yoga and massage therapy as valuable extensions of the healthcare field. You can expect open, honest dialogue and reliable quality of care. I will not misrepresent my knowledge or abilities, working within my scope of practice to serve you to the best of my abilities.

Intentional Growth

I believe that there is always more to learn and will seek out the most relevant evidence-based material and education to help improve both my massage and yoga practices. Active engagement in the community and collaboration with other local business professionals are important to me. I endeavor to build strong relationships with like-minded professionals in our community to provide the most valuable referrals and promote the local wellness industry.

Privacy & Sharing of Information Policy

All personal and medical information collected as part of your client intake for CARE Body Therapy is treated as completely confidential. The only times that any information may be shared is: (1) at your written request or (2) if it should be required by a court of law or (3) during mandatory reporting procedures as governed by my association (such as in the case of suspected abuse or self-harm). Unless otherwise indicated, permission is assumed to contact you via email, phone or messenger to deliver reminders, announcements and promotional material. It is always your choice how much information to share and you assume all accountability when choosing to leave out information that could impact your safety in either a yoga or massage setting.



Cancellation Policy

Please provide at least 24 hours' notice for any cancellations or changes to your appointment. If you or a member of your household shows signs or symptoms of illness within 24 hours of your appointment, you are asked to reschedule your session. Clients arriving more than 10 minutes late will be expected to pay for the full cost of the treatment session, despite the possibility of reduced table or class time. Clients who do not show up for their scheduled session and do not provide notice of their absence will be charged a NO-SHOW FEE of \$45.00 for massage treatments and \$5 for yoga classes (including cancellations of less than 4 hours); which will be donated to a local charity.

Transmittable Disease Prevention Policy

- 1) All documentation will be completed digitally prior to your session and clients are asked to arrive no more than 5 minutes before your scheduled session or class.
- 2) If you or a member of your household has any signs of transmittable disease (including fever, runny nose, cough, sore throat or unexplained fatigue, joint aches and breathing difficulties), please cancel/reschedule your session or class.
- 3) Face coverings are optional to protect both the client and therapist during treatment sessions. Please be sure to bring a fabric or disposable mask with you if desired. This may change based on government and association protocols.
- 4) Strict hand washing protocols for a minimum of 30 seconds will be employed and hand sanitizer will be available. Clients are encouraged to practice proper hand hygiene before, during and/or after treatment.
- 5) All surfaces will be cleaned and disinfected with a 10:1 water-bleach solution between clients. Please refrain from unnecessarily touching surfaces to reduce any possible risks of transmission. Linens will be washed using appropriate contamination protocols.

Consent for Cost of Services

Currently, all sessions can be paid via e-transfer to albertagirlmassage@gmail.com, charged to a credit card in your Jane Portal or through direct billing to select companies. A receipt will be provided through your online profile. Emergency & Medical Services Personnel (including Doctors, Nurses, EMS, Police, Fire & Military) are eligible for a \$10.00 discount on all 60 or 90 minute massage treatments and yoga passes.

Consent for Working with Minors

Informed written consent must be provided by a parent/guardian for all clients under the age of 18. A parent/guardian must be present for the treatment or class for clients under the age of 16.



Therapeutic Relationship Policy

CARE aims to create an environment focused on the positive wellness of every person within the space. I take a trauma informed approach to each interaction, aware that mental health is just as important as physical health. This means that I seek to provide a comprehensive, evidence informed treatment experience that meets your orthopaedic goals while remaining mindful of mental and emotional stresses that can impact your wellness – whether they have been disclosed or not. Please keep in mind that, like you, I am human and if I make a mistake in word or action that crosses a boundary for you, it is your right to inform me of it so that no further infractions occur. There is no room for disrespect or misunderstanding in the treatment space, so I strive for transparent professional conduct. Any intolerant, abusive or sexual behaviors will be addressed immediately, and treatment may be ended at my or your discretion. If there is ever any uncertainty felt on your part during a treatment session, know that it is **ALWAYS** appropriate to ask for clarification and to withdraw consent for treatment at any time.

Consent for Massage Treatments

Your treatment experience will include assessment throughout the treatment session, where the therapist may evaluate your posture, gait, neurological and orthopedic responses, as well as palpate the areas of your body that are troubling you to better formulate an effective treatment plan. This portion of the session will typically be performed clothed, though it is recommended that you wear comfortable attire that can be easily adjusted to allow for free movement. Assessment may recreate pain in your area(s) of concern, so it is important to always communicate clearly with your therapist.

Your table time is guaranteed if you arrive on time for your appointment. You may undress to your level of comfort for the treatment session and only the areas of your body that are currently being worked on will be exposed by the draping. Benefits of manual therapy may include: calming of the sympathetic nervous system, increased sense of well-being, decreased musculoskeletal dysfunction, improved local circulation and better sleep quality. You may feel dizziness, lethargy or affected proprioception (spatial awareness) immediately following the session and are encouraged to drink plenty of water within the following 24-hour period. Please note there is a chance that resulting redness, bruising, stiffness, or discomfort may occur that can last several days as any addressed tissues recover.

The therapist will share assessment findings, discuss treatment goals, and explain all aspects and modalities of care throughout the treatment session. They may also ask for consent multiple times before proceeding with certain techniques. Assessment for manual therapy should not be construed as a substitute for medical examination, diagnosis or treatment and we expect clients to see a physician or other primary healthcare practitioner if necessary. It is your responsibility and choice to discuss any concerns you have regarding your care and to provide relevant medical information as needed.

There is potential for associated risks with any manual therapy treatment. You will be informed of common risks and/or complications that are specifically related to your care before each treatment session. Because this is **YOUR BODY**, your explicit consent is required to treat and a signature will be taken to indicate that you understand what areas of the body will be involved. It is your responsibility to ensure that all medical information is up to date in your online profile, as some modalities of care are not indicated in conjunction with specific medications or pathological conditions. You have the right to inform your therapist if techniques need be adjusted due to discomfort and are expected to be honest with your therapist regarding your care. You may withdraw consent for treatment in part or wholly at any time during your treatment session.



Mindful Conduct Policy

Yoga is a safe place to explore your physical body while working to quiet your mental/emotional bodies for a deeper connection to the Self. All bodies are welcome in my CARE space and modifications will be provided to ensure that everyone can practice yoga safely. CARE aims to create an environment focused on the positive wellness of every person within the space. It is your right to terminate your practice at any time if it does not serve you. All participants are encouraged to bring their own mat, water bottle and preferred equipment (where applicable). Some limited supplies of mats and equipment may be available and will be properly disinfected between classes. Be sure to dress in attire that allows for free movement and bring layers as the practice space can be cool. Please ensure that all phones are turned to silent upon entering the practice space and that every effort is made to ensure this is an inclusive and welcoming space for all. You are responsible for informing the instructor if you have questions or concerns.

Consent to Participate in Yoga

Your yoga experience will include instruction and information on the principles of yoga, which you can choose to incorporate in your practice and daily life or not. Yoga requires exertion that may be strenuous and could result in injury. It is recommended that you be cleared by your primary healthcare practitioner if you have any injuries, medical conditions, etc. that might prevent you from safely participating. It is your responsibility to disclose any information that might impact your safety to the instructor so that proper modifications can be provided. Clients will be asked to sign off on assumption of any risks participating in a yoga class with CARE Body Therapy may incur.