

Welcome to Greenspirit!

Here's some information that will make your **office visit or class experience** more comfortable and rewarding.

Unscented: Many of our clients have environmental sensitivities. In consideration of others including ourselves we ask that you do not wear any perfume or scented products.

24 hr Cancellation Policy: We request a minimum of 24 hours notice by phone or email to change or cancel your appointment. Full payment will be required for missed appointments (unless, of course, in the case of an emergency, or illness).

Illness: Please rebook your appointment, and do not attend class if you are ill, or think you might be, or anyone in your household is ill. We have many clients and family to think of. This is our necessary policy, even beyond CoVid days. Thanks for your understanding and cooperation.

Scheduling: Each practitioner will personally book appointments with you: we have no receptionist. This gives you a chance to ask questions to your practitioner directly.

Intake Form: If this is your **first appointment** with Arnie Lade, please fill out this [intake form](#) and bring it with you or email it ahead of time.

Fees and Payment: Payment is required at the time of treatment, by cheque, cash or eTransfer. We cannot accept credit or debit cards. Consult with Arnie or Diane about their individual rates.

What to wear: Comfortable loose clothing will help you relax, but please feel free to “come as you are” in your business clothes if you are coming to or from work. For Feldenkrais classes or private lessons, if you are wearing a skirt/dress, we suggest you bring along stretch or loose pants (not jeans). Having an extra sweater layer can be helpful when warmth is needed lying on the floor in class. If you aren't wearing socks on that day, please have a pair of clean **socks** to wear in the studio. I do have a few pairs available.

Stairs: There is a short set of six stairs with a handrail to the entrance at Arnie's office at 1863 Oak Bay Avenue. Let us know if you have a need for assistance. The home Feldenkrais studio in Fernwood has quite a number of stairs, and is not accessible otherwise.

Parking: At the office on Oak Bay Ave, 90 minute street parking is available Monday to Saturday. There are also a few spots available on nearby side-streets, including Chamberlain.

Bus: If you are taking public transport, there are two buses that stop close to the 1863 Oak Bay Avenue office. They're the **#2 James Bay / South Oak Bay / Willows** and the **#8 Interurban / Tillicum Centre / Oak Bay**. Transit schedule is available at: <http://www.transitbc.com/regions/vic/news/commission/default.cfm>