

Your Way to Wellness Program FAQ's

1. How does the program work?

You fill out a questionnaire, and have an initial consultation with an Imagine specialist to discuss your goals and expectations. The specialist will then put together a plan for you designed to help you better understand how to take care of yourself according to your specific ayurvedic dosha, astrological chart and numerology indicators. You will then return for the results and a proposal for your plan for wellness. It maps out the cost, number of sessions, etc. The client can choose to go with the proposal or alter it to fit their level of commitment. Once there is an understanding and agreement, you will be asked to sign a contract to set your intentions for your wellness.

2. Do I have to do the whole program after consultation?

No, you can simply take the results home and follow the recommendations on your own. Your only obligation will be the consultation fee.

3. What happens after the contract is signed?

You will set up the entire appointment schedule for the 6 month period. We encourage this so you don't have to go back and forth with finding appointments and can simplify your schedule. We encourage you deciding what "your time" is, for example: Jane meets every other Thursday at 10am, and then goes to once a month on Thursday at 10am. This makes it easier for you to remember.

4. What happens during the program sessions?

You will meet with your specialist to discuss how you are feeling, and to adjust or modify your home practice if needed. You and the specialist will work closely to make sure you are getting what you need for your unique profile. The session may include yoga, meditation, different types of healing modalities, and take home exercises and practices designed to teach you how to take care of yourself lovingly, and with care for your body, mind and spirit.

5. What happens if I do not complete my sessions within a 6 month period?

You are strongly encouraged to keep with the program for the full 6 months. One 30 day extension will be granted for extreme circumstances. 30 day notice is required to suspend the program indefinitely. The client can choose not to continue at any time, but once the program has been started there are no refunds. Once there is an agreement, the specialists spend hours evaluating and designing the initial program. And then more time after the client has started to re-evaluate and redesign the program. This program goes well beyond the sessions and the specialist will be compensated for that time.

6. What if I feel like I need more sessions?

We can easily add on. The sessions are priced at \$75 per hour, \$40 per half hour. We are assuming the first 2 months will have 2 sessions a month with 1 session a month thereafter. You will work with the specialist to vary the schedule if needed.

Your Way to Wellness Program FAQ's (continued)

7. What if I have to cancel a session?

One cancellation is accepted with no charge. After that, you may be assessed a \$30 fee for the cancellation. All attempts will be made to re-schedule your appointment as quickly as possible.

8. What if I just need to talk through a session?

That's fine, the sessions are based on your needs, however, the fees remain the same. The specialist is booking time for you, that you may use how you desire. It's important to remember that others are booking time as well, if you make an appointment, that prevents others from that slot and renders payment for that slot unavailable.

9. Is my questionnaire and information confidential?

ABSOLUTELY. Your private information is not shared with anyone, unless they are working on your case with the specialist with your permission.

10. What if I don't like the way the program is going?

You will be working hand in hand with the specialist, modifying the program visit by visit. Please share honestly with the specialist, she cannot help you if you don't let her know how you feel. That being said, there may be aspects of the program that you may not like initially, that will become favorites after practice. Give each idea a chance!

11. What if I want to come to other Imagine events?

You are more than encouraged to do so!. In fact, we will give you a 10% discount on ALL of our classes and events while you are enrolled in our program.

12. May I contact my specialist outside of my appointments?

Part of your package includes four 15 minute phone or Zoom calls as follow up the first few weeks. You may use this time for clarification, or to ask questions, or to just chat.

13. What if I don't mesh well with my specialist?

This is all about working together well! If you, for any reason, feel that you may do better with another specialist, just let Owner of Imagine, Linda Miller know and she will assign you another based on your needs. No hurt feelings or judgement to worry about! You will have input in the initial consultation to decide which specialist you would like to work with from the start. This information is confidential.

14. What makes this program different than others?

This is a unique program designed to help you better understand yourself, create new habits, and actually use the tools that you have learned or will learn. We are open to suggestions, feedback and your input. After all, this is YOUR path to wellness!

Peace & Wellness to YOU,

Linda Miller, Owner of Imagine Yoga & Wellness Center