



Welcome to Greenspirit!

Thank you for choosing to work with us. We are happy to meet you!

Here's some information that will make your **office visits** more comfortable and rewarding:

*In consideration of others and ourselves we ask that you do not wear any perfume or scented products.

*Comfortable loose clothing will help you relax, but please feel free to "come as you are" in your business clothes if you are coming or going to work. If you are wearing a skirt/dress to a Feldenkrais class or private lesson, we suggest you bring along stretch or loose pants.

*There is a set of twelve stairs at our entrance. Let us know if you have a need for assistance.

*90 minute street parking is available on Oak Bay Avenue, Monday to Saturday. No time restriction on Sunday.

*If you are taking public transport, there are two buses that stop along our street very close to our office. They're the #2/2A Oak Bay/Willows/Downtown and the #8 Interurban/Tillicum Mall/Oak Bay. Transit schedule is available at:

<http://www.transitbc.com/regions/vic/news/commission/default.cfm>

In terms of **payment and scheduling**, please note the following:

*Payment is required at the time of treatment, by cheque or cash: we cannot accept credit or debit cards.

*Consult the practitioner for their individual rates.

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

*We have a 24-hour cancellation policy. Please give us one day notice of change or cancellation. Full payment required for missed appointments (unless, of course, in the case of an emergency).

Thank you for your consideration. We'll do our best in serving you, and please let us know if you have any other needs, requests or comments.

Yours sincerely,

Arnie & Diane Lade