

February 13, 2021

Dear Clients,

I am pleased to let you know that I am prepared to see you in my office for distanced-Feldenkrais or hands-on-Feldenkrais under strict safety conditions.

Here is what I am doing to maintain our safety:

- We do the session with the windows cracked open and an air purifier on high setting. This is creating good air flow. The room heats up nicely despite the fresh air.
- We both wear masks during the session. Yours must be tight-fitting but comfortable; I have disposable surgical masks to offer if you need one. My mask is health-care grade.
- I have increased the usual disinfection regime, done after each client leaves, to include all surfaces we touch, including the table, desk, chairs, doorknobs, etc. Some pillows are now covered with vinyl, so they are more easily cleaned. As always, linens are replaced after each client. (The building has also increased its cleaning of common spaces, and requires a mask to enter.)
- I am washing my hands religiously, and using hand sanitizer as well. If you prefer that I wear gloves during our session, we have that option.
- I have allowed for longer transition times between clients. After you leave I open the windows extra wide and open the door to the office for a big exchange of air for several minutes.
- The air purifier runs all night every night.
- Two days before your session, you will get the usual appointment reminder with some new information on it: a checklist for you read through to confirm you are as safe as possible to come in. I am waiving my 48-hour cancellation policy during this time. I know this sounds like a lot of mitigation. I hope that it makes you feel more comfortable, with more “knowns” about coming in. If you are at all uncomfortable with coming in, but you are missing your Feldenkrais, you might consider doing an online session. Many clients have had very good experiences with online sessions. I am also available to do walking lessons out of doors, weather allowing.

In-person sessions will not be available to book online; please contact me by phone or by email to book a session. I will be limiting the number of in-person sessions I do per day, and offering only certain times of day, to make sure that I can create the safest possible environment for us.

Warmest greetings, Sheri

Sheri Cohen

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