

April 11, 2022

Dear Clients,

Despite changes you are seeing in grocery stores and other public places, when you come for your private in-person session with me, you will need to wear a protective mask. If you arrive with no mask, I will offer you one. This policy remains in place until I feel confident that I will be keeping my family and vulnerable clients safe. Those of you who are vulnerable to infection, please note that the Areis building where my practice is located is now mask-optional. If you prefer to wait outside until your session, feel free to text me to ask when I have the room ready for you.

Please take the questionnaire that comes in your e-mailed appointment reminder seriously. We can reschedule if you are symptomatic.

All other practices are unchanged:

I have been safely offering in-person Feldenkrais sessions in my office since July 2020. I was fully vaccinated in February 2021 and boosted in November 2021. I am able to do sessions in-person with you with touch or without.

- We do the session with the windows cracked open for good air flow. The room heats up nicely despite the fresh air when needed. For summer, I will cool the room with the air conditioner in between sessions to make the room comfortable.
- 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.
- 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.
- I use a disinfection regime, done after each client leaves. 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 it's cleaning of common spaces, and requires a mask to enter.)
- 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 still waiving my 48-hour cancellation policy during this time.
- Everyone must wear masks as described above; I have disposable surgical masks to offer if you need one. My mask is health-care grade. If you have a special condition that requires that you do your session without a mask, you must first have a conversation with me about it.

I hope that this information 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 will offer walking lessons out of doors again when the weather warms up.

Warmest greetings, Sheri

Sheri Cohen

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