

May 17, 2023

Dear Clients,

I am making changes to my masking policy effective immediately. Masking for you, while we do our session, is optional. This applies only in the case that you are asymptomatic. I reserve the right to ask you to wear a mask if I am concerned about your symptoms or infection status. I have surgical masks here at the office for you to wear, or you can bring a mask of your own.

Please don't come in with active infection of any kind. Symptoms like productive cough, raw sore throat, fever or suddenly runny nose, are triggers for reflection. Runny nose, while not a Covid symptom, is a symptom of other infections, which we don't want to spread either. As an allergy sufferer, I know it can be difficult to tell what is allergy and what is infection. Please use your best judgment and compassion for others in remaining conservative. You can wear a mask, or reschedule your appointment, as options, if there is any ambiguity about the source of your symptoms.

DO NOT come in if you have had a known exposure to Covid, even if you are symptom free. I prefer that you have negative PCR test after a known exposure or active Covid infection before coming in. If testing becomes unavailable, we can discuss on a case-by-case basis.

I will continue to mask during our sessions for now.

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 many times. I am able to do sessions in-person with you with touch or without.

- We do the session with the windows cracked open in winter and open wide in summer for good air flow. In winter, 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 conscientiously, and using hand sanitizer as well.
- The air purifier runs all night every night.
- I use a disinfection regime, done after each client leaves. As always, linens are replaced after each client.
- Two days before your session, you will get the usual appointment reminder.
- I am still waiving my 48-hour cancellation policy in case of illness and infection only.

I hope that this information makes you feel more comfortable, with more "knowns" about coming in.

Warmest greetings, Sheri

**Movement Education and Performance**  
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