

# Sydney **Alexander Technique**

## **Student disclosure and policies information**

The Alexander Technique is a practical skill, which can improve your functioning in all kinds of activities. It is often used to help manage injury and relieve pain. The Technique will improve your performance in professional and recreational skills and can become a foundation for ongoing personal development. While the Alexander Technique can have therapeutic benefit, it is not a medical modality or treatment. Please ensure you inform your teacher of any discomfort you experience, including pre-existing injury, pain or medical conditions and that you have qualified medical advice regarding any conditions you may have. The Technique involves hands-on guidance and requires your active participation, including practice at home. Please wear loose comfortable clothing, as you may work on the table or floor during your sessions. A minimum of ten classes is recommended. Most students continue beyond this point.

### **Confidentiality**

We keep your information on our database system and will contact you about AT related events and publications. You can unsubscribe from the mailing list at any time. Unless required by law, or with your permission we will not disclose private information in any way that could identify you. Please respect the privacy of other participants in group classes.

### **Bookings and Cancellations**

Please provide payment in advance via direct deposit unless otherwise arranged. Prepaid classes are transferrable to another person with advance notice. Sessions cancelled with less than 24 hours notice will incur the full fee. Please let your teacher know if you are unable to attend an appointment or are going to be late. We do not offer refunds or makeup lessons if you miss a booked class without notice.

Where an advance booking for a series of lessons or classes is cancelled mid-way, sessions attended will be charged at the 'casual' rate, and the remainder refunded. If special circumstances exist please let us know as the Director may make special arrangements at his discretion.

If we are not able to provide a prepaid class a makeup session will be arranged at a mutually convenient time. If this is not possible your fee will be refunded in full.