

# INSIGHT BODY THERAPIES

**Yvonne Fisher, CMT**

Yvonne Fisher is not a physician or psychologist and does not diagnose or treat any illness or physical or mental condition. The modalities employed by Yvonne are intended to create a relaxed state that supports the body's innate ability to self-regulate and seek balance. There is no guarantee of any particular result, as each person is unique in what issues underlie their physical and emotional health.

It is recommended that each client drink plenty of filtered water for good hydration, engage consistently in moderate exercise, avoid sugary and processed foods and consume primarily vegetables and whole grains to support the body and get the most out of bodywork therapies.

24-hour cancellation notice is required unless an emergency situation arises. No-shows and last minute cancellations will be charged the full session fee, payable before any further sessions occur.

All bodywork is strictly therapeutic and non-sexual. Any sexually suggestive remarks or advances will result in the immediate termination of a session, and the client will be liable for full payment of the session.

I, \_\_\_\_\_ have read and understand the above policies. I have stated all known conditions and take full responsibility to inform the therapist of any new information regarding my physical condition. I understand that most therapies employ the use of touch and I give Yvonne permission to touch me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_

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