

Complementary and Alternative Health Care

Client Bill of Rights

Please **read and sign** this complementary and alternative health care client bill of rights. I am providing you with this bill of rights in accordance with Minnesota statute 146A governing unlicensed complementary and alternative health care practitioners.

Practitioner Name: Sandy Krzyzanowski

Complementary and Alternative Health Title: Yoga teacher, yoga therapist, Ayurveda Health Counselor, Reiki practitioner, meditation teacher, aroma therapy, sound therapy, crystal therapy.

Address: Mailing address: 5024 Oxborough Gardens, Brooklyn Park, MN 55443. I am a mobile yogi so I come to your address.

Telephone number: 612 708 6900 (Cell)

Degrees, training, experience, or other qualifications regarding the complementary & alternative health care being provided and the statutory important disclosure statement in bold print below:

- **Experienced Registered Yoga Teacher (E-RYT 200, RYT 500®) (1000+ teaching hours)**
- **Certified Yoga Therapist (C-IAYT) through the International Association of Yoga Therapists) via my training with YogaFit's Therapy program.**
- **140-hour YogaFit® Warrior Program graduate (designed to address the stressors & traumas that are unique to our military community)**
- **A.C.E.® personal trainer since 1997**
- **Canfitpro Healthy Eating & Weight Loss Coach**
- **Working toward Ayurveda Health Counselor certification through Yoga Veda Institute and then on to Ayurvedic Practitioner**
- **Heartsaver® AED through the American Heart Association**
- **Reiki practitioner (degrees 1-3 in the Oshune Reiki® method of Energetic Healing)**
- **Cathryn Stillman's Yogahealer's Living Ayurveda 9-month course to master the art of living in integrity with Ayurvedic wisdom, receiving their "Master of Living Ayurveda" certificate. (This was in addition to Level 1 and 2 YogaFit Ayurveda programs as well as a week-long YogaLean immersion training incorporating Ayurveda.)**
- **Mind Body Solutions Opening Yoga Levels I and II adaptive yoga training based upon the unique experience of Founder Matthew Sanford, an award-winning**

author, nationally renowned yoga teacher, and paraplegic since the age of 13 (over 35 years ago).

- **Leslie Kaminoff's Yoga Anatomy course—9 months of intensive training in all aspects of yoga anatomy, practice, & breathing.**
- **Indu Arora's Yoga Nidra 50-hour teacher training Level 1 and 50-hour Level 2— This ancient practice has incredible relevance in the modern world. With an excess of tension and worries, discomforts and uneasiness, fears and phobias, Yoga Nidra is a vehicle to connect deeply to our true nature, to peace, health, and self-awareness. Level 2 further honed our skills as a teacher leading a Yoga Nidra practice. This Level 1 and Level 2 trainings are perfect complements to the YogaFit® Yoga Nidra training which I have also completed.**

“THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY.

Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner, or services from a physician, chiropractor, nurse, osteopathic physician, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time."

Notice: A complementary and alternative health care client has the right to file a complaint with the practitioner's supervisor, if the practitioner has a supervisor. The following is the procedure for filing complaints with the supervisor: N/A—I have no supervisor as I am self-employed.

Notice: Any client may file a complaint with the following office:

**Office of Complementary and Alternative Health Care Practice
Health Occupations Program, Division of Compliance Monitoring
Minnesota Department of Health
85 7th Place E., Suite 220,
P.O. Box 64882,
St. Paul MN 55164-0882**

Practitioner fee for unit of service are:

****Payment is always prepaid in full prior to services rendered. I accept cash, check, or credit card. I do not accept insurance, Medicare, or medical assistance.****

I WILL CIRCLE THE SERVICE YOU ARE PLANNING ON PARTAKING IN BELOW.

THE CIRCLED ITEM WOULD BE THE ONLY ONE OF NUMBERS 1-6 THAT YOU SHOULD NEED TO READ!

1) For Yoga Group Classes in-home:

Class length is 75 minutes. (I can adjust the time to less based upon your requirements, but rates remain the same.)

- Pre-paid per six-class purchase. **Six class minimum purchase***.
- **Three-person minimum required in attendance for each class to hold.**
If there are less than three coming on any given class day, we just extend the six weeks out another week.
- Students pre-pay for a set of six classes based upon the number signed up/prepaid for six and when the date of the last class is done, you start another.
- There is no carry-over or refund of unused classes going forward if you miss a class.
- Class start time no later than 6:00 PM and no earlier than 10:00 AM
- *FYI: If you'd like to have a *single* group class as a special event or gift and not purchase a set of six classes, the private consultation rate of \$79—see below—applies.

Rate: \$50 GROUP rate *per class* for up to four students or \$12 per person—whichever is higher.

For example:

1. With five or more *prepaid* for all six classes, it is \$12 per person per class X six classes = \$72 *prepaid* per student.
2. With four *prepaid* for all six classes, it is \$12.50 per person per class X six classes = \$75 *prepaid* per student.
3. With three *prepaid* for all six classes, it is \$16.67 per person per class X six classes = \$100 *prepaid* per student.

There is also an additional overall \$0.70 per round trip mile *charge per class for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees. Most private residence classes pay per individual on-site via credit card or check. If you want me to bill you as a group all at once, please let me know.*

2) For Private Consultations /Therapeutic Yoga one-on-one/Ayurvedic recommendations one-on-one/Reiki one-on-one/Single yoga class for a special occasion or gift**

Yoga therapy includes:

- Physical assessment identifying imbalances in posture and patterns of movement
- Chronic pain management
- Lifestyle assessment and improvement coaching
- Energy work, Reiki, Chakra Balancing
- Yoga Nidra (Yogic Sleep)
- Therapeutic yoga and Ayurvedic applications
- Stress and Emotional Management for anxiety, depression, anger, insomnia and fatigue
- Meditation

- **\$79 per hour**
\$199 for three one-hour classes Or
\$350 for six one-hour classes)

- **Minimum booking for a private consultation/therapeutic one-on-one is one hour.**
- **Cancellation cut-off time:** appointments cancelled past 2:00 p.m. on the day before the appointment are subject to a \$25 cancellation fee.
- **(There is an additional overall \$0.70 per round trip mile *charge for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees*)**

3) For Yoga Party/Yoga to go:

Yoga birthday parties, yoga cocktail parties, yoga bridal parties, yoga book-club parties—you fill in the blank! Approximate 2 hour class includes 75 minutes of yoga and 15-20 minutes of breath work.

Basic party rate: \$120 group rate per party locally or \$12 per person—whichever is higher. *A non-refundable deposit of \$60 is required to hold the date of your party.

(There is an additional overall \$0.70 per round trip mile *charge for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees.*)

4) For on-site corporate yoga programs:

Pre-paid six-person minimum required for six-week program

45, 60 or 90 minute class rates:

—\$12 per student per class (\$72 per person per six-week program). Drop-ins welcome at \$18 rate per class.

(There is an additional overall \$0.70 per round trip mile *charge per session for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees. I will invoice you the appropriate amount.*)

- Students pre-pay for a session of six classes based upon the number signed up and when the date of the last session is done, you start another.
- There is no carry-over of unused classes going forward if you miss a class.
- Class start time no later than 6:00 PM and no earlier than 10:00 AM

(There is an additional overall \$0.70 per round trip mile *charge per session for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees. I will invoice you the appropriate amount.*)

5) For Meditation / Breathwork “how-to” Class

While this class is broken down into two evenings, each evening can serve as a stand-alone class. Each evening is 1 ½ hours long pending 4 person minimum.

\$30/night prepaid or save \$10 and prepay for both parts for \$50.

(There is an additional overall \$0.70 per round trip mile *charge for distances beyond 25 miles from the Brooklyn Park, MN area, plus any parking fees.*)

6) For “Six weeks to Inner Resilience” Workshop

Similar to my other classes, this six-week transformation workshop is available as either:

A private residence class OR

An on-site corporate class with the rates on this page.

Students pay for the full Six weeks up front and when the date of the last session is done, the workshop is done. There is no refund of unused classes if you miss a class.

Timing: The Six weeks may or may not be consecutive depending on both my personal schedule and the group's individual's schedules. In other words, I'll work with you to get Six weeks that everyone, or a majority, can attend. If you want to have this Six-week transformation with your group, please contact me to discuss!

Face-to-face-meetings which include: A group yoga practice and after class review of the upcoming week's topics (approximately 90 minutes).

Membership in a private Facebook Group for questions and follow-up, recorded class videos, pertinent handouts and cheat sheets, recipes, advice, and encouragement

Tuition due prior to the first class:

\$120 per person, per Six-week workshop (\$20 per class)

(There is an additional overall \$0.70 per round trip mile charge for distances beyond 25 miles from the Brooklyn Park, MN area.)

Notice: Clients have a right to reasonable notice of changes in services or charges.

Brief Summary of Theoretical Approach:

I WILL CIRCLE THE SERVICE YOU ARE PLANNING ON PARTAKING IN BELOW.

THE CIRCLED ITEM WOULD BE THE ONLY ONE OF NUMBERS 1-3 THAT YOU SHOULD NEED TO READ!

1) Trauma-informed yoga is my training background and is infused into all my classes and one-on-one yoga therapy.

Trauma-informed yoga is a somatic treatment that helps reset the nervous system, helps you reconnect with your body and regain a sense of control. This increases your capacity to be present in the here and now.

How is trauma-informed yoga different?

- The classes use **transformational language encouraging the release of judgement, expectations, and competition.** This invites people back into their bodies, not forcefully or demanding because only they can know when and where to feel more in the pose. If pushed too far, too fast, we can actually trigger the fight or flight mode.
- **Slower mindful movement** to awaken the emotional or limbic center of the mind combined with **creating a safe space** for the trauma survivor to heal.
- **Soothing/parasympathetic nervous system activating types of breathing practices** to stimulate the vagus nerve. The vagus nerve stretches from the brainstem all the way into the belly, carrying incoming information from the nervous system to the brain. Literally the mind-body connection, it's the cabling behind your "gut instincts", governing things like the heart rate, digestion, sweating and skeletal muscles.
- Physical focus on the psoas (the fight or flight muscle) and **grounding postures to help release the allostatic load (wear and tear) of traumas** stored in the body.
- **Meditation and imagery** are also used to balance the mind and body, creating a buffer of positive emotions.

This class is for: Anyone looking to drop stress from their physical body and their minds to improve well-being and vitality.

2) Reiki Therapy:

Reiki is a Japanese word meaning "spiritual energy" or "universal life-force-energy," and in Japan it is used to describe any form of therapy that uses spiritual energy. Reiki is a Japanese energy healing technique used to maintain wellbeing, reduce pain, stress & depression and stimulate the body's natural healing abilities.

We have a physical body surrounded by an energy field. When we become unwell physically, emotionally or mentally this has an unbalancing effect on our energy field. A Reiki Therapist channels energy through his or her hands and by the gentle placement of hands on the physical body (or just above it) facilitates the rebalancing of the energy field which in turn may ease symptoms physically, mentally and emotionally. Reiki is one of the tools we can use to help achieve optimum health. I have attained levels 1-3 of the Oshun Reiki method of Energetic Healing. Reiki Therapy includes Gem Stone Therapy, Chakra Alignment, Sound therapy and Aromatherapy.

Reiki therapy can be used to assist in:

- Anxiety management
- As a pain management strategy
- As a supportive measure through unpleasant and/or painful procedures
- To reduce chemotherapy/radiotherapy gut disturbance
- To engender a sense of control
- To enhance compliance with treatment regimens
- To enhance coping

- To enhance the immune response
- To improve quality of life
- To increase self-esteem & confidence
- To assist the patient in the dying process

3) For Ayurveda Consultations:

Ayurveda is a sister science to Yoga. It literally translates to the “Science of Life” and incorporates all aspects of health—physically, emotionally, mentally, and spiritually. Ayurveda is a Vedic Science that’s a 5000 year old traditional science designed to bring the body back to balance in order to heal from within. It incorporates nutrition, lifestyle, breath practices and more to bring you to balance—mind, body, and spirit.

Rather than looking at and “fixing” symptoms, Ayurveda looks at the whole person and seeks to balance areas that are out of kilter. Removing the imbalances goes to the root cause vs. just applying a bandage to the symptoms.

If you give the body what it needs to balance, it will heal itself naturally. Our bodies *want to heal*. It is our body’s nature to heal. We just have to give it the tools it needs for balance.

In Ayurveda, the whole universe is an interplay of the energies of the five elements—earth, water, fire, air, and ether or space. These are the building blocks.

Ayurveda groups the five elements into three basic types of energies that define every person’s makeup, and are present everywhere, called the “Three **Doshas**”. We all have a mix of all three. The Three Doshas, or energetic personality types as I like to refer to them, are:

- **Vata**—comprised of Air and Space
- **Pitta**—comprised of Fire and Water
- **Kapha**—comprised of Earth and Water.

We start by assessing your “essential nature” known in Ayurveda as “**Prakruti**”. What characteristics and preferences have you had for most of the decades of your life?

Looking at your diet, lifestyle, and stress management, as an Ayurveda Health Counselor I will help determine what both your current and balanced body/energy type/dosha is using questioning, quizzes, pulse checks, tongue analysis, and food journals. Together we will determine simple tools to help bring you back to balance using the theory of “opposite qualities heal”.

Notice: Clients have a right to complete and current information concerning the practitioner’s assessment and recommended service that is provided, including the expected duration of the service to be provided. All services will let you know exactly what timeframe you are paying for with the option to continue totally up to you.

Notice: Clients may expect courteous treatment and to be free from verbal, physical, or sexual abuse by the practitioner.

Notice: Clients records and transactions with the practitioner are confidential, unless release of these records is authorized in writing by the client, or otherwise provided by law.

Notice: Clients have a right to be allowed access to records and written information from records in accordance with Minnesota Statute 144.291 to 144.298

Notice: Other services in the community. Information concerning services is available at or through:

<https://www.yogaalliance.org/Directory>

<https://www.iayt.org/search/>

<https://www.reikihealingassociation.com>

<https://ayurvedanama.site-ym.com/search/>

Notice: Clients have the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance, or other health programs.

Notice: Clients have a right to coordinated transfer when there will be a change in the provider of services.

Notice: Clients may refuse services or treatment, unless otherwise provided by the law.

Notice: Clients may assert the client's rights without retaliation.

Subd.2.(**ACKNOWLEDGMENT BY CLIENT**) Prior to the provision of any service, a complementary and alternative health care client must sign a written statement attesting that the client has received the complementary and alternative health care client bill of rights.

I hereby acknowledge receipt of the Client Bill of Rights and the attached documents incorporated therein, and I have had a full opportunity to ask any questions I have about this document and my right as a client. I understand my rights as a client.

Client signature: _____ Date _____
Parent/Guardian: _____ Date _____

Signors Legal Relationship to Client _____