

EMBODIED BEING

Trauma-Sensitive Yoga Client Information

An example information document for clients considering trauma-sensitive yoga with Embodied Being.

About trauma-sensitive yoga

Trauma-sensitive yoga prioritises choice, agency and present-moment awareness. Practices can be adapted, and clients are invited rather than instructed to participate in movements or pauses.

Purpose of this document

This document provides an example of the information a client might receive before beginning sessions. It is designed to support informed decision-making and does not replace a conversation with the practitioner.

What to expect

Sessions are collaborative and paced according to individual needs. The practitioner will explain the proposed approach, discuss boundaries and answer questions before work begins.

Confidentiality

Information shared in sessions is treated as confidential, subject to the limits explained in the final approved client agreement and any applicable safeguarding or legal duties.

Appointments and cancellations

Appointment duration, fees, rescheduling and cancellation arrangements should be confirmed in writing before the first session.

Questions before beginning

Clients are encouraged to raise any questions or accessibility requirements before booking. Contact details and final booking instructions should be added to the approved version of this document.

Important: This is placeholder content created for website setup. It must be reviewed and replaced or approved by the practitioner before publication or client use.