



## Meditation Group Agreement

Thank you for joining one of our Meditation Group Series or Classes. Listed below are the general expectations and confidentiality policies requested from each participant of this workshop.

Confidentiality We expect that group members do not disclose any information that may help identify another group member to anyone outside the group. Examples include names, physical descriptions, or the content of interactions with other group members.

Practice It is highly recommended for each member to begin a daily practice of what is learned in our series at home so that any difficulties or questions that arise can be addressed in each class. This will help facilitate your progress as well as the progress of the series.

Arrival Please arrive 5-10 minutes before we begin so that we can start as group. Additionally, please do your best to stay for the full class. This will benefit both your practice and your workshop peers' practice. Of course, situations do arise, and we would prefer you here later rather than not at all!

Payment Payment is due in full at the start of the workshop.

Thank you for understanding the necessity of these policies.

*Kim Valdes, LPC, RPT, CPCS*