



**RISING LIBERATION**  
W E L L N E S S

## FREQUENTLY ASKED QUESTIONS

### General Questions

**What is Rising Liberation Wellness?** Rising Liberation is a holistic wellness practice dedicated to helping you reconnect with your body and spirit through Yoga, Reiki, and Meditation. Whether you are looking for physical movement or energetic healing, this is a space for you to find balance.

**Where is Rising Liberation located?** Rising Liberation operates as a **mobile boutique practice**. We provide services as a **contracted guest practitioner** at various curated yoga studios and wellness spaces throughout the Calgary area. Your booking confirmation will always include the specific address for your scheduled session.

**How do I pay for my session?** We accept **Interac e-Transfer** (sent to [hello@risingliberation.ca](mailto:hello@risingliberation.ca)), **Square** (credit/debit), and **Cash**.

- **Yoga:** Pre-payment is required for a guaranteed spot in class. Walk-ins are welcome, if space permits.
  - **Reiki/Meditation:** Payment is due upon completion of your session.
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### Yoga Classes

**I'm a total beginner. Can I join?** Absolutely! Our classes are designed to be inclusive and accessible. We offer modifications for all levels to ensure you feel supported in your practice.

**What should I bring?** Please bring a yoga mat, a water bottle, and comfortable clothing you can move in. If you don't have a mat, a few are on hand in-studio either for free use, or a small rental fee in some locations.

**What happens if I'm running late?** To honor the collective energy and maintain a sacred space, **the studio doors lock promptly at the start of class**. Late arrivals will not be permitted. We recommend arriving 10-15 minutes early to settle in.

**What is the cancellation policy for Yoga?** If you cancel with at least **2 hours notice**, you will receive a full refund. Cancellations made less than 2 hours before class, or no-shows, will forfeit the class fee.

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### Reiki

**What exactly is Reiki?** Reiki is a gentle Japanese energy healing technique that promotes relaxation and stress reduction. It involves a close-hovering hands method over the body, or light touch (or no touch, if preferred) to help balance the body's energy centers.

**What should I expect during a Reiki session?** You will remain fully clothed while lying comfortably on a massage table. Most people feel a sense of deep warmth or relaxation; some even fall into a light "yogic sleep." A space of comfort with pillows and a blanket will also be provided to stay warm during your session.

**Is there a fee if I miss my Reiki appointment?** Currently, we do not charge a fee for Reiki no-shows or late cancellations. However, we kindly ask for as much notice as possible so we can offer that time to someone else on the waiting list.

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## **Booking & Legal**

**Do I need to sign a waiver?** Yes. For your safety and ours, all clients must sign a one-time **Waiver & Release** before their first session. When booking in advance for a Reiki Session (required) or pre-booking for a yoga class online, **Noterro**, our booking system will prompt you to complete the waiver in order to complete the booking. If walking into a yoga class the waiver must be signed in-studio before participating.

**Is my information private?** Completely. We follow a strict **Privacy Policy** to ensure your personal and wellness information is kept secure and never shared.