



Welcome to the Schroth Best Practice® Program. I am very pleased to have you joining me. You have chosen to participate in an incredible journey, and after a successful completion you will have the skills and ability to improve the quality of life for yourself. I welcome you to the practice. Here is what to expect. Please read below for VIP information.

Consultation / Schroth Introduction: Exam / Assessment and X-ray Evaluation. We will also begin learning actives of daily living to instill corrective good habits to support your curves. Sitting, standing, sleeping etc. Time permitting, we will learn Schroth breathing techniques as well. This visit is about 45 min. long.

- Please arrive ON TIME or early to get parked and situated.
- The visit will be discussion and **workout**. Dress comfortably (sports bra / tank top and comfortable pants – tights for the ladies/bike shorts for the gentlemen) Photos may be taken so this is important to see you and your back.
- Bring your x-rays and reports. If you can send them ahead of time, even better.
- Please park under our building with valet, on the street or nearby lots (markets). Sorry, we do not validate.
- CC or other form of deposit is required to secure the appointment time and will be sent separately.
- Strict 24-hour cancelation policy to avoid loss of deposit is required due to the wait list.
- \$65 Deposit can be sent to:
- Zelle: wellnesscenterofencino@gmail.com
- Venmo: <https://venmo.com/Andromeda-Stevens>
- PayPal: <https://www.paypal.com/paypalme/andromedas>
- Your deposit will be deducted from your consultation fees at the time of service
- Your custom manual will be emailed to you after we complete the program.

In Health,

Dr. Andromeda Stevens, D.C., Schroth Scoliosis Certified Level I&II
NCPT/PMA Certified Pilates Teacher™ & PMA® Continuing Education Provider
Scoliosis Coach & Pilates Sports Center Int'l, Inc.
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Connect with me to stay motivated and informed or for more info on the Schroth Scoliosis Technique

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