Gaia Rain Wellness

Client Agreement & Policies

Gaia Rain Wellness is built on the belief that wellness isn't about perfection. It's about creating sustainable habits, building strength, finding balance, and growing with confidence. My goal is to support and educate you while creating a positive, judgment-free environment where you feel encouraged every step of the way.

Scheduling & Payment

Payment is required at the time of booking to reserve your appointment. Appointments are not considered confirmed until payment has been received. Accepted payment methods include those listed on the Gaia Rain Wellness website.

Cancellations & Rescheduling

Please provide at least 24 hours' notice if you need to cancel or reschedule. Appointments canceled with at least 24 hours' notice may be rescheduled at no additional charge. Appointments canceled with less than 24 hours' notice may be charged the full session fee.

Late Arrivals

If you arrive late, your session will still end at the scheduled time to avoid impacting other clients. Arrivals more than 15 minutes late may be considered a missed appointment and require rescheduling.

No-Show Policy

Clients who fail to attend a scheduled appointment without notice are responsible for the full session fee. Repeated no-shows may result in refusal of future appointments.

Health Changes

Please notify Gaia Rain Wellness of any significant changes in your health, including injuries, surgery, pregnancy, illness, new medications, or physician recommendations.

Client Responsibilities

• Complete all required forms honestly.
• Follow exercise instructions.
• Exercise within your abilities.
• Report pain, discomfort, dizziness, or injury immediately.
• Wear appropriate clothing and footwear.
• Stay hydrated.

Trainer Responsibilities

• Treat clients with dignity and respect.
• Provide a safe, encouraging environment.
• Design programs appropriate for each client's goals and fitness level.
• Stay within my professional scope of practice.
• Respect client privacy and confidentiality.

Scope of Practice

Gaia Rain Wellness provides education, exercise instruction, and nutrition coaching. Services are not intended to diagnose, treat, cure, or prevent disease and are not a substitute for medical care,

physical therapy, or mental health counseling.

Results

Results vary from person to person and cannot be guaranteed. Success depends on consistency, effort, nutrition, sleep, stress management, medical conditions, and lifestyle habits outside of coaching sessions.

Communication

Questions between appointments are welcome. Please allow up to 48 business hours for non-urgent responses. Messages received on weekends or holidays may be answered on the next business day.

Respect & Professionalism

Gaia Rain Wellness is committed to providing an inclusive, welcoming environment. Harassment, abusive language, discrimination, or inappropriate behavior may result in termination of services without refund.

Photography & Social Media

Photos or videos will only be taken or shared with your written permission. You may withdraw permission at any time.

Agreement

By signing below, I acknowledge that I have read and understand the Gaia Rain Wellness Client Agreement & Policies and agree to abide by them.

Client Name (Print): _____

Client Signature: _____

Date: ____ / ____ / _____