



KENDRA

HEALING
ARTS

Dear Client,

Together, behaving in a responsible way, we can limit the spread of Covid-19.

So, if you have :

- been to any exposure sites
- or been in contact with another person in isolation who has;
- felt unwell, including but not limited to symptoms of COVID-19 such as fever, cough, sore throat or shortness of breath;
- if you have been tested for Covid and are awaiting a result;

then please delay booking your appointment at Kendra Healing Arts, or please reschedule.

Vaccine and Remedial Massage Therapy advice

Massage therapy is not indicated for at least three days post vaccination to allow your immune system to respond. The symptoms of the rare clotting condition associated with the Astra Zeneca vaccine mostly start between 4 and 20 days after vaccination. Please seek medical advice for the following post vaccine symptoms: • severe, persistent headaches that do not settle with paracetamol or other painkillers • blurred vision • weakness of face or limbs • confusion or seizure • shortness of breath that is not usual • chest pain • persistent abdominal pain • leg swelling • pin-prick rash or bruising not at the injection site that cannot be explained.

Online Zoom telehealth appointments for Yoga Therapy

You may feel that being home in the comfort of your own home for session is a preferred choice. It's a simply process of receiving a link to Zoom meeting to connect in the virtual world. It's easier than you think.

Hygiene Precautions

I am trained in infection control and have procedures in place to manage risks to keep our community healthy and safe.

I will continue to respond to the current global health challenge, and I am taking regular advice from my association the Australian Traditional Medicine Society and the Australian Department of Health.

I have in place procedures to protect you and the clinic.

These include:

- CBR check in
- The choice to wear a mask or not
- Regularly cleaning all surfaces including doorknobs, frequently touched equipment and bench tops
- Washing our hands with soap and water regularly
- Having hand sanitiser available for clients
- Linen is changed on massage tables after each client and any hard surfaces are cleaned between clients. 15 minutes will be placed between appointments.

What you need to do during an appointment

- please bring a mask with you in case you need it during your massage
- feel free to bring your own pillow and/or sheet to place over the massage table if you like
- please bring your own yoga mat and props for Yoga Therapy
- use the sanitiser upon entry



- [please pay by bank transfer prior to appointment or tap payment where possible.](#)

Please contact me on 0417423804 for further information. And most importantly, visit my online Resilience Membership where you have access to free guided meditations and a library of yoga classes to enjoy.

Warm thanks for your understanding and co-operation during this time.

Kendra

