



Pawsitively Transformational Health and Wellness, Inc

Request for Wellness Program Services

Please complete this form and return it to us by email or fax (contact information is below). Alternatively, you may print it, put it in an envelope, and drop it off to one of our two locking office mailboxes or mail it to us at the mailing address below. Our office does not have a receptionist. We'll get back to you as soon as possible. Please feel welcome to call if you have questions.

P. 1 of 3

Client information

Date:

Legal name of person completing form:

Preferred name (if any) and pronouns (optional):

Phone number and email:

Title (if any):

Scope of Services

Wellness Program Services are not Therapy Services. They are holistic services that support physical and mental wellbeing. They are not typically covered by insurance and are therefore paid out of pocket or by a funding source.

Which services are you interested in? Descriptions are below.

Pets and Helping Dogs Program (PHD) (Dog training). Human and canine wellness are inextricably linked. This Wellness Program provides training options for many canine needs.

Select the options below you are interested in.

- Instructor Nathaniel Lukas Redekopp is a Certified Professional Dog Trainer through the Certification Council for Professional Dog Trainers.

Phone: 575-208-6364 Fax: 575-495-2084

info@pawsitivelytransformational.com www.pawsitivelytransformational.com

mailing: 1111 10th St #400, Alamogordo, NM 88310

physical: 1200 Indiana Ave, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

- Free community educational services are offered under the branch of PHD called Pawsitive Learning / Canine Conversations.
- Paid services are available for dogs of all ages, including: behavioral rehab, training/socialization, AKC skillsets like Canine Good Citizen, and advanced training programs like Service Dog, Therapy Dog, and Emotional Support Dog. Scheduling options are: Session-by-Session Roster and Monthly Tuition Roster. The hourly rate of service is \$79.95 + tax.
- Our online course center called the Learning Portal offers free and paid subscriptions.

P. 2 of 3

Movement Meditation Program (Tai Chi and Qigong). Select the options below that you are interested in.

- Instructor Nathaniel Lukas Redekopp is an Associate Instructor of Tai Chi and Qigong certified by the American Tai Chi and Qigong Association.
- Movement meditation as defined here includes skills, concepts, and movements that cultivate body/mind connection, flexibility, strength, balance, stress regulation, calm, and intentional focus. **Note:** *Mindfulness Therapy Group sessions* teach Tai Chi and Qigong as therapeutic tools to develop psychological and nervous system regulation skills applicable to many life circumstances, from mild to very challenging. *Wellness Program sessions* teach Tai Chi and Qigong as traditional movement arts, including meditative, physical, and, where applicable, practical and martial applications.
- Tuition for individuals (additional household member 50% off):
 - Special topic session, workshop hourly rate per person, or participation per session without monthly tuition (reservation required, limited availability): \$20 (tax included).
 - Monthly tuition: \$40 + tax for 2 sessions per month, \$60 + tax for 4 sessions per month.
 - Scholarships: we have a limited number of partial tuition scholarships for individuals who could not otherwise afford to attend our group classes.

Phone: 575-208-6364 Fax: 575-495-2084

info@pawsitivelytransformational.com www.pawsitivelytransformational.com

mailing: 1111 10th St #400, Alamogordo, NM 88310

physical: 1200 Indiana Ave, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

- Private session (1x1): \$40 + tax per hour.
- Group rate for workshop or educational presentation: \$150 + tax per hour.

We offer pro bono services to the community as we are able, for groups or organizations who could not otherwise afford to schedule.

P. 3 of 3

Dance Wellness Program.

- Instructor Jeanette Borunda is a certified MixxedFit Instructor.
- Engage in a body-positive, welcoming environment where movement is celebrated over perfection and diverse bodies are welcome. Experience a powerful dual-boost to physical and mental well-being. Physically, these high-energy routines combine dance movements to improve strength and endurance and enhance overall agility. Mentally, the rhythmic movement to upbeat music triggers a release of endorphins and dopamine that reduces stress, elevates mood, and fosters a sense of joyous community connection.
- Tuition: \$10 per session.

Do you have any questions or requests?

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 1200 Indiana Ave, Alamogordo, NM 88310