

## Your Frequently Asked Questions Answered

### **FAQ The Daily 10 Minute**

#### **I've never done Yoga or Tai Chi Qigong before - will I be able to do this?**

Yes, absolutely. The Daily 10 Minute videos are easy to follow. You are always instructed to follow at a pace and a level that feels right in your body. The key to success is consistency.

Of course, always consult with your health professional if you have any health concerns regarding your participation in physical exercise.

#### **Will I need any special equipment?**

No, if you have a yoga mat and yoga strap great. If not you can easily substitute with objects found in your home. I do suggest designating a quiet and comfortable space for your daily practice. Add some props from around your home to add to your comfort level such as a blanket and pillow.

#### **Why are the videos 10 Minutes long?**

Consistency is the key to reap the many benefits of a mind body practice. 10 minutes a day is more beneficial than an occasional but rare longer practice session. Set yourself up for success by choosing a regular time each day that you can commit to. If you find you would like a longer session combine the videos in one session.

#### **How long do I have access to the program?**

You have access for the lifetime of the program - there's no expiry.

That includes any updates I may make in the future.

Work at your own pace, and re-watch any videos as many times as you like!

#### **How do I pay?**

Simply make an e-transfer of the fee to [lvarnam@chanvar.com](mailto:lvarnam@chanvar.com)

#### **Do you have a refund policy?**

Due to the digital nature of this program, there are zero refunds - no exceptions.

#### **What happens after I've signed up?**

Once your purchase is complete & confirmed, you'll be sent an email with your login details to The Daily 10 Minute online.

All lessons will be instantly accessible online. You can begin to view them at your leisure.

#### **Something else?**

I will be happy to answer your questions. Just send me an email [lvarnam@chanvar.com](mailto:lvarnam@chanvar.com)