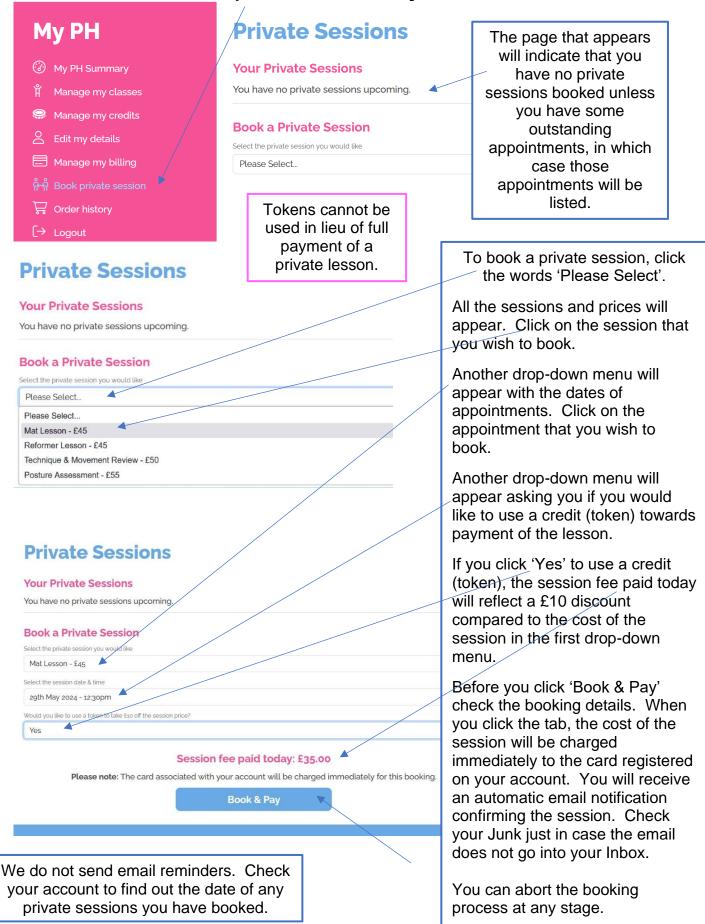
Book private session

Click 'Book private session' on your dashboard



Our private sessions

Sessions

- Mat or reformer
- Technique & Movement Review
- Posture Improvement

Prices shown on website when booking.

All sessions are 60 minutes in duration except the Posture Improvement which may take a little longer, but no longer than 90 minutes.

Feedback from clients Your feedback after a session is

extremely helpful.

It only needs to be brief and should be emailed to us.

Bring your most recent home practice booklet to a session.

Home Practice Booklet

The booklet contains exercise suggestions to address issues identified at a session, including posture issues.

Booklets include the aims of each exercise, exercise instructions, diagrams, and watch points.

Instructions and watchpoints specific to the member are highlighted if necessary to aid awareness with the aim of improving movement quality.

Mat or Reformer

Just a normal lesson but in a 1:1 environment instead of the usual group environment. No feedback after a session, nor a home practice booklet.

Technique & Movement Review

Ideal for improving technique and movement quality and identifying issues that may be hindering progress.

Come to the lesson knowing what aspects you want to review (eg, posture issues, aid understanding and/or awareness, learn a specific movement, improve movement quality).

You will receive written feedback detailing issues identified at the lesson and how to address, progress to date, and goals.

You will also receive a home practice booklet.

Posture Improvement

This includes a formal posture assessment to identify posture issues so please wear appropriate clothing.

Tight-fitting clothing, shorts, or leggings that can be rolled above the knees; vest top so shoulders are visible; hair tied up so that ears and neck are visible.

You will receive written feedback providing a summary of posture, how to address posture issues, progress to date, and goals.

You will also receive a home practice booklet.

Private sessions Terms & Conditions

You cannot request a specific teacher for a private lesson. All our teachers are fully qualified and equipped to provide private tuition. Our feedback process after a lesson facilitates continuity should you have more private lessons, no matter who teaches you. We do not let members know in advance who the teacher will be because it will depend upon the teaching roster for that day which could change at any time and at short notice.

IF A SESSION IS CANCELLED BY THE STUDIO

We will provide a full refund of the session fee (and token if used). The session will NOT be rearranged. All available appointments are on the booking system and will be removed automatically 7 days prior.

There is NO recourse to booking any dates removed from the system.

NO REFUNDS NO REARRANGING

Once a private session is booked, there are NO refunds whatsoever (monies or token) if you do not attend the session.

The automated online booking system does NOT facilitate the rearrangement of any private lessons.

IF A MEMBER TERMINATES MEMBERSHIP WITH A PRIVATE SESSION OUTSTANDING

You must be a member of the studio to use the studio facilities, so once membership is terminated you cannot attend a private session that you booked whilst a member, and there is no recourse to refund of monies or tokens.