

# Book private session

Click 'Book private session' on your dashboard

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## Private Sessions

### Your Private Sessions

You have no private sessions upcoming.

### Book a Private Session

Select the private session you would like

Please Select...

The page that appears will indicate that you have no private sessions booked unless you have some outstanding appointments, in which case those appointments will be listed.

Tokens cannot be used in lieu of full payment of a private lesson.

## Private Sessions

### Your Private Sessions

You have no private sessions upcoming.

### Book a Private Session

Select the private session you would like

Please Select...

Please Select...

Mat Lesson - £45

Reformer Lesson - £45

Technique & Movement Review - £50

Posture Assessment - £55

To book a private session, click the words 'Please Select'.

All the sessions and prices will appear. Click on the session that you wish to book.

Another drop-down menu will appear with the dates of appointments. Click on the appointment that you wish to book.

Another drop-down menu will appear asking you if you would like to use a credit (token) towards payment of the lesson.

If you click 'Yes' to use a credit (token), the session fee paid today will reflect a £10 discount compared to the cost of the session in the first drop-down menu.

Before you click 'Book & Pay' check the booking details. When you click the tab, the cost of the session will be charged immediately to the card registered on your account. You will receive an automatic email notification confirming the session. Check your Junk just in case the email does not go into your Inbox.

You can abort the booking process at any stage.

## Private Sessions

### Your Private Sessions

You have no private sessions upcoming.

### Book a Private Session

Select the private session you would like

Mat Lesson - £45

Select the session date & time

29th May 2024 - 12:30pm

Would you like to use a token to take £10 off the session price?

Yes

Session fee paid today: £35.00

Please note: The card associated with your account will be charged immediately for this booking.

Book & Pay

We do not send email reminders. Check your account to find out the date of any private sessions you have booked.

## 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.

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.

### **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.

### **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.