



'Helping You Fulfill Your Body's Potential'

PRIVATE LESSONS

We provide the following lessons

- Mat Lesson £45
- Reformer Lesson £45
- Technique & Movement Review £50
- Posture Improvement £55

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

Members may use one token to take £10 off the cost of a session.

Mat or Reformer Lesson

Just a normal lesson but in a 1:1 environment instead of the usual group environment. No home practice or lesson feedback is provided after the lesson.

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 (for instance, posture issues, aid understanding and/or awareness, learn a specific movement, and improve movement quality). You will receive a home practice booklet and lesson feedback after the session.

Posture Improvement

This includes a formal posture assessment to identify posture issues. To aid the assessment, it is essential that you wear appropriate attire, tight-fitting clothing, shorts, or leggings that can be rolled above the knees, vest is better than 'T'-shirt, and hair tied up so that ears and neck are visible. You will receive a home practice booklet to address issues identified at the lesson, and lesson feedback which will include a summary of posture.

Feedback from clients

Your feedback after a lesson is extremely helpful. It enables us to make any changes so that we can improve provision of our lessons and help clients achieve their goals. It only needs to be brief.

Bring your most recent home practice booklet to your lesson.

How to Book including Terms

All bookings are made from your member PH account on our website. From your PH Summary, click the tab on the left-hand side of the screen 'Book Private Lesson'.

1. The next page that appears will let you choose the type of session you want to book. Click on the words 'Please Select' in the drop-down menu beneath the section headed 'Book a Private Session'. A list of the classes with prices will appear. Click on the session that you would like to book.
2. After choosing the session, another drop-down menu will appear with the words 'Please Select' allowing you to book a date and time for the session. Click on the words 'Please Select'. A list of the dates and times will appear. Click on the date and time that you would like to book.
3. After choosing the date and time, another drop-down menu will appear with the words 'Please Select' asking you if you would like to use a token to take £10 off the session price. Click on the words 'Please Select' and click either 'yes' or 'no'.
4. The next page will display a booking summary showing you the type of session you have booked including the full cost of the session; the date and the time you chose; the amount you will be billed for the session (this will depend upon the answer you gave previously when asked to click either 'yes' or 'no'). If you are happy that the booking summary is correct, click on the tab that says, 'Book & Pay'.

When you click on 'Book & Pay', the billing amount will be charged immediately to the card that is registered on your account and you should receive an automatic email response confirming the booking (check your Junk box if you don't receive an email in your Inbox). Contact us if you do NOT receive confirmation by email. **Once you click 'Book & Pay', you cannot do anything to change the booking so please check the booking summary before committing to payment.**

You can abort the booking at any time up until you click 'Book & Pay' by pressing any of the tabs on the left-hand side of the page (pink panel with MY PH heading at the top). If you click on 'Book Private Lesson', you can start the booking process afresh.

Terms

- Once a session is paid for, if you do NOT attend the session, there are NO refunds whatsoever (monies or token) and the automated booking system does NOT facilitate the rearrangement of any sessions. Therefore, before committing to payment, ensure that the booking details are correct and that You can attend the session that You have booked. We do NOT send out appointment reminders.
- If You cancel Your membership with private sessions still outstanding, all private sessions will be cancelled by Us with no recourse to refund of monies or tokens.
- If a session is cancelled by Us, the session will NOT be rearranged. We will provide a full refund of the session fee and token (if used). The session fee will be refunded direct to your bank account and NOT to the card that the payment was taken from. The token will be added to Your PH account manually.
- All bookings are subject to 7 days booking notice including weekends and bank holidays. Sessions on the system that have NOT been booked 7 days prior will be removed from the system automatically. There is NO recourse to booking any dates that have been removed from the system.