



G'day and welcome to Pilates with Dan!

If this is your first experience with the Pilates method you may wonder what is in store for you. Pilates was developed in the early 1900s by Joseph Pilates who, after suffering rickets and asthma during childhood, was inspired by his gymnast father and naturopath mother to seek a whole body approach to improve his health and maximise his physical well-being. Joseph evolved his ideas further while interred on the Isle of Man during World War I, helping injured troops rehabilitate in hospital.

As a form of exercise Pilates is a very holistic experience. For some the slow, methodical approach of Pilates may look gentle and easy, however it is an extremely strong form of exercise once you have a grasp of the basics. Joseph Pilates was a strong man right up until his death at age 83. His method of exercise was meant for all, women and men, with the goal to strengthen the body and improve your well-being.

FAQ

What should I wear?

You need to wear clothes that are comfortable to move in, not too baggy and not too restrictive. While it is recommended you don't wear socks - Canberra is cold and we'd rather you be comfortable.

What do I need to bring to Pilates with Dan mat-work class?

You will need to bring an exercise mat (readily available at most sports equipment stores) – we will supply all other equipment needed. You may also want to bring a towel and water.

I've recently had surgery can I still do Pilates?

I've recently given birth but am keen to get back into exercise, can I do Pilates?

If you are returning to exercise after any sort of medical intervention, this includes any form of child birth, we require that you have been given the OK to exercise from the appropriate doctor. In most cases, following medical intervention you must rest from serious exercise for 6 weeks. If you have any doubts, please err on the side of caution and seek your doctor's approval.

What is the difference between yoga and Pilates?

There are a lot of similarities between yoga and Pilates. Both require commitment, focus and concentration and enable you to improve your strength and flexibility. Importantly, there are also a few differences. Yoga has a very spiritual origin, where poses or asanas can be held for longer periods of time and it can use different breathing patterns depending on the pose. Pilates origin is based on physical health, its exercises have quicker movements and the breath pattern is the same throughout a class.

Please find included in this introductory package a Client Detail form and a Waiver, both of which you will need to read through, fill in and return before the start of your first lesson.

If you have any questions please don't hesitate to get in touch with me.

Dan Baker

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www.pilateswithdan.com.au

facebook.com/pilateswithdan.com.au

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Please make payments to:

Pilates with Dan

BSB: 062 909

Account: 1024 3456

Please include your name as reference

Personalised Pilates lessons that get results



Client Details

Personal Information

Name: _____ D.O.B.: __/__/____ Sex: M / F

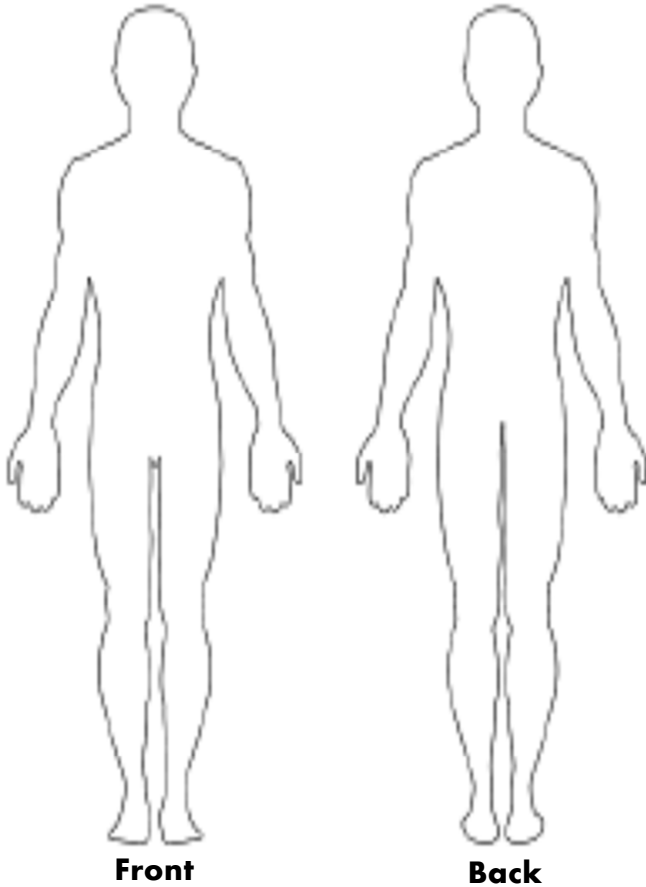
Address: _____

Email: _____

Phone H: _____ W: _____ Mob: _____

Medical History

Please indicate any past surgery/injury on image



Please provide details below:

Pre-existing conditions (eg: asthma, arthritis, endometriosis):

Exercise History:

Are you currently doing any exercise? If so, what is it and how often do you do it?

Have you exercised in the past? If so what was it?

What are you hoping to achieve with this class?



AGREEMENT OF RELEASE & WAIVER OF LIABILITY

1. I will receive information and instruction while participating in the class, health program or workshop offered by Pilates with Dan. I recognise that this class will require physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I have completed the client details form supplied by Pilates with Dan, making sure to inform Pilates with Dan of any pre-existing health conditions or injuries.

3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this class or any other activity associated with Pilates with Dan. I represent and warrant that I am physically fit and have no medical conditions that would prevent my full participation in the class, health program or workshop.

4. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I may incur as a result of participating in the program.

5. I knowingly, voluntarily and expressly waive any claim that I may have against the instructor or Pilates with Dan for injuries or damages that I may sustain as a result of my participation.

Heirs, my legal representatives and I forever release and waive any liabilities against Pilates with Dan and its instructors for any injury or death incurred by my voluntary participation in this class, workshop or activity.

I HAVE READ THE ABOVE RELEASE AND WAIVER OF LIABILITY AND FULLY UNDERSTAND THEIR CONTENTS. I VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

Date: _____

Name: _____

Signature of Participant: _____

If participant is under the age of 18, as legal guardian of:

Name of Minor: _____

I consent to the above conditions.

Signature of Parent/Guardian of Participant: _____