



# **ALIVE YOGA & PILATES**

## Private & Semi-Private Yoga Sessions Info Pack

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**@ALIVE\_YOGA\_PILATES**



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**Do you prefer working in a small group environment?**

**Are you dealing with any pain or injuries that hold you back from participating in large group classes?**

**Are you new to Yoga and need a little more individualised attention before tackling a group fitness class?**

**Then our Semi-Private and Private Sessions are for you!**

## Yoga Semi-Private Sessions

### **For those who:**

- Prefer a small-group environment with lots of space to train in.
- Have 1 or 2 friends who, alongside yourself, would like to have a more personalised Yoga experience.
- Would benefit from individualised attention but also like having some self-led-practice.
- Are returning to Yoga after a long period of time.

### **What will it involve?**

#### **INITIAL CONSULTATION (30 minutes)**

- Your first session will involve a chat with the instructor for them to understand your Yoga goals before taking you through a foundation Yoga flow that will determine your starting points, in which we then plan to build on in these sessions. This information will help us form a Yoga program that is catered specifically to your group and your bodies needs, as well as factoring in your own personal goals.

#### **SUBSEQUENT CONSULTATIONS (50 mins)**

- These 50 minutes sessions are where you and your friends/colleagues would complete your tailored Yoga program and receive more individual attention and specific feedback like hands-on cueing and use of props to enhance your Yoga practice.



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## Yoga Private Sessions

### **For those who:**

- Are experiencing long term pain/recovering from injury and need 1:1 assistance.
- Are brand new to Yoga and would like a 1:1 induction before tackling group classes.
- Prefer more "PT" style training and want to be pushed and challenged in ways that are specific to their body and goals.

### **What will it involve?**

#### **INITIAL CONSULTATION (30 minutes)**

- Your first session will involve a chat with the instructor for them to understand your Yoga goals before taking you through a foundation Yoga flow that will determine your starting points, in which we then plan to build on in these sessions. This information will help us form a Yoga program that is catered specifically to you and your bodies needs, as well as factoring in your own personal goals.

#### **SUBSEQUENT CONSULTATIONS (50 mins)**

- The sessions that follow will be one of our instructors taking you through the program they have put together for you from the information gathered the session before.



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## Pricing Structure

Initial: Structure for new clients starting Private/Semi-Private Sessions

	Introductory Offer	1:1 Initial Consultation <small>(stand alone)</small>	Singular Session
Private	Initial Consultation + 2 Privates <b>\$280</b>	<b>\$100</b>	<b>\$100</b>
Semi-Private 2:1 or 3:1	Initial Consultation + 2 Semi-Privates <b>\$200</b>	<b>\$100</b>	<b>\$70</b>

Ongoing: Structure for clients once they have completed their Initial sessions

	3 Pack	5 Pack	Singular Session
Private	<b>\$255</b>	<b>\$380</b>	<b>\$100</b>
Semi-Private 2:1 or 3:1	<b>\$180</b>	<b>\$280</b>	<b>\$70</b>

## Payment Policy:

- All sessions/session packs must be pre-paid within 48 hours of your session.
- You will receive an email and/or message 48 hours before your session if payment has not been made for your upcoming session.
- Once sessions have been paid for, they cannot be refunded, only credited (if outside the 24 hour cancellation window).

## Cancellation Policy:

- Our Semi-Private and Private Sessions have a 24-hour cancellation policy.
- If you cancel within the 24-hour window leading up to your session, this session will be forfeited and you are unable to receive a refund or credit for this class.



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## Jordy Lo Piccolo

### YOGA INSTRUCTOR

Bachelor of Science (Biochemistry and Molecular Biology)

Graduate Diploma (Food Science)

Bachelor of Health Science (Acupuncture and Chinese Medicine)

Diploma in Classical Hatha Yoga YTT

500 hour Kundalini Yoga YTT

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Jordy is a practicing Acupuncturist and Yoga Teacher with a passion for using movement and correctly aligned postures to access deeper insights into our own personal nature. His group classes focus specifically on technique and alignment, providing tools and techniques for his students to navigate their bodies safely. His teaching style is heavily infused with Taoist philosophy, integrated with Classical Hatha, Kundalini and Iyengar Yoga styles.

In his private classes, Jordy aims to find out where his students are stuck in their life, and gives them intentional sequences and lifestyle advice to help them along their path of self development. He integrates Taoist body reading and Chinese Medical pulse and tongue diagnosis to help his students better read and understand how their body, mind, emotions and pathologies are connected.



# Pre-Exercise Screening Form

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State \_\_\_\_\_ Postcode: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Occupation: \_\_\_\_\_ Place of work: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Facsimile: \_\_\_\_\_

Emergency Contact – Name & Number: \_\_\_\_\_

Current Injuries: \_\_\_\_\_

Previous Injuries: \_\_\_\_\_

Restrictions: \_\_\_\_\_

Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Treatments: \_\_\_\_\_

Do you have or have you in the past contracted an infectious disease (eg dermatitis, hepatitis, HIV)?: Yes No

If yes, please give details: \_\_\_\_\_

Have you ever had undiagnosed pain in the following:

Neck		Hips	
Shoulders		Knees	
Back		Ankles	
Other			

If yes to any of the above, please give details: \_\_\_\_\_

Has the above pain or injuries affected you in any way? Please give details: \_\_\_\_\_

Are you pregnant? Yes No When are you due? \_\_\_\_\_

Do you have children? Yes No How many? \_\_\_\_\_

Birth and baby history: \_\_\_\_\_

Current Exercise: \_\_\_\_\_

Usual Intensity: \_\_\_\_\_ Frequency: \_\_\_\_\_

Goals: \_\_\_\_\_

Are you, or have you ever trained at an elite level in any sport or art? \_\_\_\_\_

I agree that the information I have given on this document is true and correct. I have read and understood all the wording printed on this document and accept full responsibility for my actions at any and all times on the premises of Alive Yoga & Pilates and during any workouts, classes, practice and use of equipment in any way whilst engaged in activities on the above premises.

I understand that I must give 24 hours notice for cancellation of bookings or the full fee will be charged/my session will be forfeited.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_