



- ✦ *Change your life toward greater body, mind and emotional balance and a deeper self-understanding.*
- ✦ *Recharge your energy levels to better cope with the stresses of a busy week.*
- ✦ *Experience the change that can occur in your life with persistence and regular practice.*
- ✦ *Make the time once a fortnight or once a month to remediate your body with a massage, an ancient form of preventing debilitation.*

---

## REGISTER FOR FITNESS & WELLNESS CLASSES &/OR INDIVIDUAL THERAPIES

### Health History Relevant to Class Group Work or Individual Treatment

Please circle any relevant areas and write any further details on the other side of this sheet:

ASTHMA

BLOOD PRESSURE

PREGNANCY

HEART

SMOKER

NECK

BACK

KNEES

ANKLES

HIPS

Briefly describe any other conditions that may affect participation in the program:

---

### Terms and Conditions

1. I acknowledge that whilst in "Balanced Wellbeing" movement and tactile therapies, both my property and person shall be at my own risk and I will not hold the instructor/practitioner or venue liable for any injury, loss of property or any other damages suffered by me, except as provided by the trade practices act.
2. I acknowledge that I am physically and medically sound enough to be willing to proceed with classes and/or movement and tactile therapies. I acknowledge that "Balanced Wellbeing" reserves the right to refuse classes or individual treatments for anyone engaged in behaviour that the instructor/practitioner considers offensive. The client also has the right to refuse service.
3. Pre-paid payments are not refundable if the client does not keep appointments or does not return to class sessions. Block payments must be used within the specified time set by "Balanced Wellbeing".
4. I am willing to proceed with class and/or individual programs and therapies.

I have understood and agree to the Terms and Conditions

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE Home \_\_\_\_\_ Mobile \_\_\_\_\_ Business \_\_\_\_\_

EMAIL \_\_\_\_\_