



Italian Pilates Holiday in Tuscany

29th June – 6th July 2019

Date of Booking	
Name (inc Title)	
Address	
Mobile No	
E-mail	
Occupation	
Date of Birth	
Sports & Exercise (how much exercise do you get each week?)	
Previous experience of Pilates	
Other Hobbies	
How did you hear about this holiday?	
Do you have a particular objective for coming on this Pilates holiday?	



Medical Information:

All information is confidential

Musculo-skeletal: Do you have an old injury or current problem with any of the following? If you answer 'Yes' please give more details on next page.		
Back	Yes	No
Hip	Yes	No
Knee	Yes	No
Shoulder	Yes	No
Neck	Yes	No
Blood Pressure	Yes	No
Heart	Yes	No
Chest	Yes	No
Arthritis	Yes	No
Osteoporosis	Yes	No
Headaches	Yes	No
Allergies	Yes	No
Digestion	Yes	No
Depression or Anxiety	Yes	No
High levels of Stress in your life	Yes	No
Do you take regular medication?	Yes	No



Any other health issues and details of anything to which you have answered 'Yes'?

Dietary Information:

Do you have any food allergies or intolerances?	
Do you have any particular dislikes with food?	



It is the responsibility of the Client to inform Sarah Hardy of any changes in health or ability to exercise. Sarah Hardy cannot accept responsibility for personal injury related to Pilates if:

- **Your doctor has advised against such exercise**
- **You fail to observe instructions on safety and technique**

Exercise should be performed at a pace that feels comfortable to you. Do not feel the need to keep up with other members of the group. PAIN is the body's warning system and SHOULD NOT BE IGNORED. Please inform Sarah immediately if you feel any discomfort or pain during the class or following the session.

I understand that Pilates involves hands-on correction and I thereby consent for Sarah to work in this way.

I confirm that I have read and understood the above and the information I have given is correct.

Signature Date

Travel Details: If you do not have these at time of booking please forward them on once flights are booked

Outward Bound Details:	
Date of departure	
Airport of departure	
Outward flight number	
Time of arrival in Italy (no later than 2.00pm for free airport transfer)	
Return Flight Details:	
Return flight number from Italy	
Time of departure from Italy	



Terms and Conditions:

1. A course payment is a binding contract. In all circumstances course payments are non-refundable and non-transferable
2. If you are making your booking within 90 days before departure the full payment will be necessary at time of booking
3. All guests must obtain valid travel insurance and coverage for any eventuality on the Pilates holiday
4. Sarah Hardy acts only as an agent for the arrangement of accommodation, food, trips and any other goods or services provided to the client.

All arrangements for accommodation and services are made upon the express condition that Sarah Hardy shall not be liable for any direct, indirect, consequential or incidental damage, injury, loss, accident delay or irregularity of any kind occasioned by reason of airline, train, accommodation, restaurant, ground handler etc who supplies any goods or services for the holiday. Without limiting the foregoing, Sarah Hardy is not responsible for any losses or expenses due to delay, changes in schedule, default of any third parties, sickness, weather, strikes, acts of God, terrorism, war, quarantine, criminal activity or for any other causes beyond her control. Sarah Hardy reserves the right to change the itinerary as required by unforeseen circumstances.

5. It is the intention of the holiday to create a safe, happy and peaceful environment therefore aggressive, hostile and disruptive behaviour which is liable to cause distress to other participants, teachers or staff will not be tolerated and invalidates the holiday/retreat contract
6. There is a non-smoking policy in all areas of the accommodation and gardens

Please ensure that you have read the above thoroughly and confirm that you agree with the terms and conditions.

Payment:

A non-refundable deposit of **£300** is required at time of booking and the balance of **£795** to be paid in full by **29th March 2019**.

I will pay the deposit: directly into the bank account (bank details below)

I am paying the deposit by cheque and enclose it with the booking form

I will pay the full amount at time of booking by cheque or bank transfer

I will pay the final balance directly into the bank account

I will pay the final balance by cheque

**Bank Details: Co-Operative Bank; Account No 70769203; Sort Code 08-92-50
IBAN: GB52 CPBK 0892 5070 7692 03**

Please make cheques payable to **Sarah Hardy** and send to
Lanner Veon Barns, Porthleven, Helston, Cornwall, TR13 0RQ



Some suggestions as to what you will need to bring:

All Pilates equipment will be provided but please bring a blanket or shawl for the relaxation classes

Warm clothes for the evenings and early mornings

Swimming costumes

Loose comfortable clothing for practising Pilates

A bottle for water

Notepad and pen

Sunscreen

Suitable shoes for walking

Your usual requirements for a holiday!

There is patchy wifi available

Towels are provided

I suggest that you keep a copy of this booking form for your record

PLEASE CAN YOU NOW RETURN THIS FORM, EITHER AS AN ATTACHMENT BY EMAIL OR BY POST.

Sarah Hardy Pilates & Massage

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Tel: +44 7932 166 216

www.sarahhardypilates.com