

PERFECT FORM PHYSIOTHERAPY  
**NORTH COAST DANCE EDUCATION WORKSHOPS**

Dear Parent,

I am delighted to be able to offer your child preferential entry into the upcoming Dance Education Workshops to be held by Perfect Form Physiotherapy. All North Coast Dance students are welcome regardless of teacher or studio attending.

You can make your booking by returning the attached 'Enrolment & Payment Form' and the Release forms ASAP. It is important to note that enrolments are strictly limited and will be dealt with on a first-in first-served basis.

I look forward to seeing you at the workshops!

Kindest Regards,  
Lisa Howell.

**DATES:** Saturday 20 February, Sunday 21 February and Tuesday 23 February 2010.  
**TIMES:** See Below in Workshop Outlines. All workshops are 2 hours in duration.  
**COST:** \$90 including a course manual. If the student is repeating the course and already has the manual then the course fee is \$70.  
**VENUE:** Jarrad Cramp Dance Studios Cnr Kays Lane & Russelton Drive in the Russelton Industrial Estate, Alstonville/Wollongbar  
**CONTACT EMAIL:** [workshops.dance@gmail.com](mailto:workshops.dance@gmail.com)  
**FURTHER INFO:** Tel: 0411 306430 You can also check out the website at [www.theballetblog.com](http://www.theballetblog.com)  
**COMPLETED FORMS MAIL TO:** 31 Arrowsmith Ave, Alstonville, NSW 2477 for processing  
**DUE DATE :** ASAP but before 28 January 2010 please to pre-order correct number of manuals.

**Workshop Outlines** – All are 2 hours duration and cost \$90 (or \$70 if you already have the course specific manual)

**Sat 20 Feb 9-11am - The Perfect Pointe Book (TPPB A)** – Stretch and Strengthen Feet

This workshop works through the first two stages (1&2) of The Perfect Pointe Book in detail and is excellent for any dance student (male or female), whether already en pointe or not. The course fee includes a hard copy of The Perfect Pointe Book, and access to the downloadable AV course. This is a great way to learn how to prepare for pointe work. This course teaches young dancers ways to safely stretch their feet and strengthen the intrinsic foot muscles, both essential before starting en pointe. *(Please Note : minimum age 10yrs for students with a good mature level of concentration and ability to intelligently work their bodies, Preferred age 12yrs to 100+ !)*

**Sun 21 Feb 9-11am - The Perfect Pointe Book (TPPB B)** – Core and Turnout

This workshop works through the next two stages (3&4) of the Perfect Pointe Book. This course includes lots of work on turnout and core control as well as more advanced strengthening for the feet. *(Students should complete TPPB A workshop, or have studied The Perfect Pointe Book before taking this course.)*

**Sun 21 Feb 12-2pm - Core Control 1** .

This unique course teaches detailed core stability training in an easy to understand way, and includes functional stabilization exercises to integrate the ideas into your class. Learn the true way to stabilize your core and feel all aspects of your dancing improve. Extremely important for Hyper-mobile dancers or those who have back pain. *(Recommended for students aged 13 years and over. Students must have completed TPPB B workshop or have a thorough knowledge of all the tests and exercises contained in the Perfect Pointe Book Stages 1 to 4 to progress to this workshop)*

**Sun 21 Feb 3-5pm - Front Splits Fast!** - Flexibility Workshop.

This unique workshop works on a system of exercises that mobilize two different systems in the body that can limit flexibility. This results in rapid increases in flexibility without hours of stretching! An essential workshop for anyone involved in dance. Concludes with a series of exercises to music that will change how you 'stretch' forever! This unique program will take you well beyond your current level of flexibility! Learn how to mobilize the 'Fascial' and 'Neural' systems that have been holding you back, and learn to stretch without being sore the next day! *For students aged 13 and over.*

**Tues 23 Feb 4-6pm - Training Turnout 1**

Discover the true secrets of better turnout! Transferring the strengthening exercises into your class work. *Students must have completed TPPB B workshop or have a thorough knowledge of all the tests and exercises contained in the Perfect Pointe Book Stages 1 to 4 to progress to this workshop.*

**PLEASE NOTE:** As some of you have already purchased additional manuals and course materials you may be eligible for a discount. For example; if you have already purchased The Perfect Pointe Book and you are wishing attend *The Perfect Pointe Book* (A) or (B) sessions, you will only need to pay \$70.00 instead of \$90.00.

**LIMITED INDIVIDUAL CONSULTATIONS** and dance or pre-pointe assessments available on request to work one to one on specific individual issues, problems, weaknesses, injury rehabilitation, muscle imbalances etc. It is a Pre-Requisite that anyone wishing to make an appointment for an individual consultation must attend at least one of the workshops to ensure good understanding of the exercises Lisa teaches. These consultations will be held by appointment only on Friday 19, Monday 22 and Tuesday 23 February at Monique Feain's Studio in Alstonville.

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**ENROLMENT & PAYMENT FORM**

Mail completed forms to : 31 Arrowsmith Ave, Alstonville, NSW 2477 for processing

**PERSONAL DETAILS Student Enrolling** (complete one form per student)

SURNAME: \_\_\_\_\_ GIVEN NAME/S: \_\_\_\_\_

POSTAL ADDRESS: \_\_\_\_\_

STATE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ CURRENT AGE: \_\_\_\_\_

**CONTACT DETAILS**

HOME PH: ( ) \_\_\_\_\_ WORK PH: ( ) \_\_\_\_\_ MOBILE: ( ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

PARENT OR GUARDIAN NAME (IF UNDER 16): \_\_\_\_\_

**DANCE HISTORY**

CURRENT TEACHER/S: \_\_\_\_\_

NAME OF STUDIO/S: \_\_\_\_\_

TOTAL YEARS DANCING: YEARS \_\_\_\_\_ MONTHS \_\_\_\_\_

CURRENT DANCE STYLES: *(Please tick all applicable styles)*

BALLET  CONTEMPORARY  MODERN/JAZZ  TAP  MUSICAL THEATRE  HIP-HOP  CHARACTER  BALLROOM/LATIN  
 OTHER: \_\_\_\_\_

PLEASE TICK ONE OF THE FOLLOWING :  Dance Student  Teacher  Health Professional

**WORKSHOPS** *(Please tick for all workshops you wish to attend)*

Tick	Course Title	Date	Time	Duration	Cost	Total
	The Perfect Pointe Book (A) (includes manual)	Sat 20 Feb	9-11am	2 Hours	\$90 *	
	The Perfect Pointe Book (B) (includes manual)	Sun 21 Feb	9-11am	2 Hours	\$90 *	
	Core Stability (includes manual)	Sun 21 Feb	12-2pm	2 Hours	\$90 *	
	Front Splits Fast! (includes manual)	Sun 21 Feb	3-5pm	2 Hours	\$90 *	
	Training Turnout 1 (includes manual)	Tues 23 Feb	4-6pm	2 Hours	\$90 *	
	PRIVATE CONSULTATION by appointment only	19, 22 & 23 Feb	TBA	1 Hour	\$130	
	<b>SUB TOTAL 1:</b>					

\* If you already have the course manual the course fee is \$70

Perfect Form Physiotherapy is registered for private health fund rebates. Receipts will be issued.

**ADDITIONAL PRODUCTS IF REQUIRED** *(Please indicate Qty. of each item required)*

Quantity	Manual Title	Cost	Total
	<i>The Perfect Pointe Book</i> Color version	\$70	
	<i>The Perfect Pointe Book</i> + AV Course	\$65	
	<i>The Perfect Pointe System</i> (Teachers & Health Profs.)	\$300	
	Core Stability Manual	\$45	
	Training Turnout Manual	\$30	
	Advanced Foot Control Manual	\$45	
	Front Splits Fast BOTH-Manual + DVD	\$135	
	Front Splits Fast DVD ONLY – for workshop attendees	\$50	
	Theraband	\$15	
	Small Stability Ball	\$20	
	Massage Crème/International Rub	\$20	
	<b>SUB TOTAL 2:</b>		
	<b>GRAND TOTAL :</b>		

**PAYMENT DETAILS:**

METHOD:  CASH  CHEQUE  CREDIT CARD  MONEY ORDER

*(Please make cheque payable to Perfect Form Physiotherapy)*

CREDIT CARD DETAILS:

CARD NUMBER: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ EXP: \_\_\_\_ / \_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_ / \_\_\_ / \_\_\_ CCV: \_\_\_\_\_

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**Liability Release Form:**

Due to the nature of movement workshop sessions it is imperative that you have read and agreed to the terms and conditions set out below.

I, \_\_\_\_\_ agree to the terms and conditions set out below by Perfect Form Physiotherapy.

**TERMS and CONDITIONS**

- I appreciate that with any movement based workshop sessions that there are some risks involved.
- I agree to give details of all related physical issues including illnesses and injuries to the workshop coordinator prior to the commencement of the workshop session/s that I will be attending.
- I accept responsibility to raise any questions I have in regard to the content of the workshop session that I will be attending.
- I accept responsibility for my own body and will inform the workshop coordinator if I am uncomfortable with any movement and/or practice within a workshop session.
- I assume full responsibility for any consequences of providing false information regarding any injury or illness.

I understand the terms and conditions above set out by Perfect Form Physiotherapy.

Full Name:	
Contact Number:	
Date:	
Sign:	

**Model Release Form:**

Workshop sessions are often videotaped and/or photographed for future product development and marketing purposes. The following information is a legal document allowing Perfect Form Physiotherapy to use video footage and/or photographs captured during a workshop session.

Please name, date and sign the following agreement if you understand the terms set out below.

I, \_\_\_\_\_ agree to the terms and conditions set out below by Perfect Form Physiotherapy.

**TERMS and CONDITIONS**

Perfect Form Physiotherapy reserves the right to use video footage and/or photographs taken during any workshop session for future development, advertising and other marketing materials that may contain images of myself.

I understand that I reserve the right to have any still images depicting myself removed from advertising and marketing materials at any time by making written contact with management at Perfect Form Physiotherapy.

I understand the terms and conditions above as set out by Perfect Form Physiotherapy.

Full Name:	
Contact Number:	
Date:	
Sign:	

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**Course Requirements:**

**WHAT TO WEAR :** Students are requested to wear either shorts and a singlet or their normal ballet attire. (No shoes).

**WHAT TO BRING :** Each workshop participant will need to bring :

**The Perfect Pointe Book (A) and (B).**

Yoga or Pilates Mat.

White Towel.

Golf Ball.

Theraband.

**Core Stability/Training Turnout/Advanced Foot Control:**

Yoga or Pilates Mat

White Towel.

1 x Standard Pillow with pillowcase.

Theraband.

**Front Splits Fast:**

Yoga or Pilates Mat

White Towel

1 x Standard Pillow with pillowcase.

Golf Ball

Tennis Ball

Theraband.

Any student repeating a workshop at a discounted rate please bring the relevant course manual to the workshop.