

## Perfect Form Physiotherapy

## Summer Intensive Workshops

Start 2010 off in the best form possible!

Join our special series of 2 hour

### Summer Intensive Workshops

And get all the tools you need to accelerate your dancing!



Time	Monday 11 <sup>th</sup> Jan	Tuesday 12 <sup>th</sup> Jan	Wednesday 13 <sup>th</sup> Jan	Thursday 14 <sup>th</sup> Jan	Friday 15 <sup>th</sup> Jan
10:00am – 12:30pm			Front Splits Fast!		
12:00pm – 2:00pm	The Perfect Pointe Book A	Core Stability Level 1		The Perfect Pointe Book B	Core Stability Level 2
3:00pm – 5:00pm	Training Turnout 1		Training Turnout 2	Advanced Foot Control	

These courses are designed to bridge the gap between Dance Physiotherapy and the work you do in class to make you a stronger, injury free, more confident dancer.

All classes will be held in our new studios in the heart of North Sydney at 161 Walker St.  
For more details on course content please visit our website

[www.perfectformphysio.com/classes](http://www.perfectformphysio.com/classes)

Bookings are essential to guarantee your place in these limited workshops!

Please Fill out your details on the reverse of this form and forward with payment/deposit to:

Perfect Form Physiotherapy,  
Suite 904, 121 Walker St,  
North Sydney, NSW, 2060

Or phone us on 02 9922 7721

Fax 02 9922 7721 Email [info@perfectformphysio.com](mailto:info@perfectformphysio.com)

# Perfect Form Physiotherapy

# Term 1 2010

Get ahead of the pack for 2010!



## Special Weekly Dance Education Classes

All classes taken by qualified Physiotherapists

**Health Fund Rebates Available!**



Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:30pm – 5:30pm		Dance Conditioning 1	Pre Pointe Preparation		Training Turnout
5:30pm – 6:30pm		Training Turnout	Dance Conditioning 2		Yogic Limber for Dance

Spend just one hour a week for 10 weeks and change the way you think about your body forever!

Join Us at Our New Studio for our Term One Workshops!

Book early to avoid disappointment!

All classes will be held in our new studios in the heart of North Sydney at 161 Walker St.  
For more details on course content please visit our website [www.perfectformphysio.com/classes](http://www.perfectformphysio.com/classes)

Please complete and return the form below to guarantee your space:

Name: \_\_\_\_\_ Dance School: \_\_\_\_\_  
 Address: \_\_\_\_\_ Post Code: \_\_\_\_\_  
 Home Phone No: \_\_\_\_\_ Mobile Phone No: \_\_\_\_\_

**Summer Intensive Workshops – (2 Hour Courses):**

- The Perfect Pointe Book A: - \$100.00
- The Perfect Pointe Book B: - \$60.00 (no manual)
- Training Turnout: - \$90.00
- Front Splits Fast (2.5 Hrs): - \$100.00
- Advanced Foot Control: - \$90.00
- Core Stability: - \$90.00

**Term 1 Classes – January 2010 (10 Week Course):**

- Training Turnout: - \$290.00
- Pre Pointe Preparation: - \$290.00
- Yogic Limber for Dance: - \$290.00
- Dance Conditioning: - \$290.00
- \*All course costs include a copy of the course manual
- \*Please tick the courses you would like to attend

Payment Method: (please circle) Visa/MasterCard/Cheque

Card No: \_\_\_\_\_

Expiry: \_\_\_\_\_

CCV: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Total Cost: \_\_\_\_\_

Please forward payment to Perfect Form Physiotherapy, Suite 904, 121 Walker St, North Sydney, NSW, 2060

**Fax 02 9922 7721 Email [info@perfectformphysio.com](mailto:info@perfectformphysio.com)**