

Terms and Conditions - Pilates classes at Oshwal Shakti Centre, Hounslow, TW3 1UX

The participant of the Pilates Class will be referred to as “you” or “your”.

The Organiser of the Pilates class is a physiotherapist with a Pilates background, Chandni Sabrina-Puja Shah MCSP. The Organiser will be referred to as “your instructor”.

BOOKINGS:

You can secure your place by booking in advance with an upfront payment through the links below. This is the only way to guarantee your place in the Pilates Class, unless an agreement has been made with The Organiser.

[Upfront payment for a 4 session bundle. Session bundles must be used on consecutive weeks.](#)

We recommend:

Clothing:

Clothing should be moveable and comfortable. For your instructor to see your form better we would suggest wearing something not too baggy, however, we want you to be comfortable. Thus prioritise comfort over what's easiest for your instructor to see your form.

Please leave long necklaces at home and big jewellery to get the most out of your pilates class in the safest way.

Equipment:

Your instructor recommends you to use a pilates mat.

Difference between pilates mat and yoga mat: yoga mats tend to be thinner than pilates mats. Pilates mats need to be thicker as a lot of the exercises are floor based and have weight joining through elbows, hands and hips hence we want you to be as comfortable as can be.

We do not expect you to go out and purchase a pilates mat if you already have a yoga mat at home. Ways you can utilise your yoga mat:

- Layer it up with another yoga mat
- Layer it up with a firm blanket or towel

You can purchase a Pilates mat at your class.
£25. Cash only. No hire. No refunds.

LIABILITY

[Physio Health Therapy](#)

The Organiser recommends if you have any medical conditions to seek advice from your physiotherapist, GP or physician before participating in Pilates Classes.

WAVIER

You must sign a client waiver document provided by the organiser at the session before participation. If you fail to do so you cannot participate in the Pilates Class and will be asked to leave the premises.