



The Rhythm Centre Movement Coaching Session

PLEASE COMPLETE OUR SESSION FORM BELOW. IF THIS IS YOUR FIRST SESSION PLEASE ALSO READ THE FAQ SECTION.

All of your information will remain confidential between you and the Movement Coach.

Personal Information:

First Name: *

Last Name: *

Email: *

Movement /Health Information:

What positive changes have you noticed since your last session?

What are your main concerns at this time?

Any changes with body?:

How is your Body Movement Skills?

Body Awareness Movement Skills?

How is your effort Shape?

What is your body Attitude?

Messages from within ?:

What would you like more in your life?

What would you like Less of in life?

What does Balance mean to you?

What's Your Dream?

What was the specific challenge you have faced?

Fill in Physical Strengths:

Fill in Emotional Strengths:

Fill in Intellectual Wellness Comments

Fill in Spiritual Wellness Comments?:

Fill in Interpersonal Social Wellness?

Core Wellness Strengths?

Moving Forward:

Look back over all your lists and pick an area for improvement or development. What specific steps, large or small, can you take to improve this area of your life to boost your current or future movement wellness?

Disclaimer

The Rhythm Centre does not intend to diagnose, cure any physical or mental ailment, and should not replace consultation with your physician nor habitual treatment.

The Rhythm Centre Staff are is not licensed to diagnose or prescribe any medical conditions, medicines or diseases and information contained on therhythmcentre.com is not intended to be substituted for such.

The Rhythm Centre Staff makes no claims to heal you of any medical or emotional condition you may have. Always check with your primary health care physician before trying a new therapy.

Information provided on this website is done so with the intention of sharing knowledge of Movement /Dance /bodywork and massage.

Please note that any body work or Dance /Somatic Movement are given as sessions and are entirely no-sexual nature and that any inappropriate behavior will be handled in the most severe way, including legal prosecution.

Please read and sign

I verify that all information is correct and current to the best of my knowledge. I understand that any information provided is for safety and information purposes and will be kept strictly confidential.

Date (required)

Your Signature (required)

Movement coaching: Frequently Asked Questions (FAQs)

Do I need to have previous experience of movement or dance?

No. The aim of using movement is to help people recognise and communicate feelings, and support healthy development by building on each individual's potential for change. You will not be taught a particular way of moving that is right or wrong, but will be encouraged to explore a greater range of movements.

Do I have to wear special clothing?

It is usually best to wear comfortable clothing that does not restrict your movement and that will not be damaged if you stretch or sit on the floor. Women may prefer to wear trousers. However it is not necessary to wear specialist sports or dance clothing. People often work in bare feet, as this enables them to benefit from the sensitivity of their feet, however this is not essential and some people prefer to wear soft, non-slip footwear. In order to protect the floor for those who may wish to work in bare feet, and for people who want to lie down or work at floor level, you will be asked to change out of outdoor shoes/boots.

How long do sessions last?

Individual sessions usually last an hour and group sessions one and a half hours. Before starting a course of sessions the movement coach will arrange to meet so that you have the opportunity to think together about whether Movement Coaching might help you. It is likely that you will also have various questions you would like to ask. A second session is often arranged so that you have time to think over any issues that have been discussed, before making a decision about starting.