🗋 Pílates Journey, LLC

LIFESTYLE & GOALS

Activities of your typical day (eg. desk work, childcare, much driving)?

Areas of chronic tension or discomfort?

Regular exercise? Movement experience?

Alternative therapy?

Familiarity with Pilates?

Goals?

Thank you. Kiersten will complete the following:

Postural findings.

Stated focus.

Modifications.

Printed name