

## Welcome!

We are an online community of kind people who are interested in Feeling Great, Moving with Ease and Integrating Strategies for Overcoming the various Obstacles of Physical Wellbeing!

Classes focus on Therapeutic Exercises within a Holistic Understanding of Biomechanics.  
(Biomechanics = Living Anatomy+ Physiology)

Below, there is Information about the program, the 'who, what, where, why, when and how' if you will... Yet if you have any questions, please don't hesitate to contact Claire

Send a message now? [claritysage3@gmail.com](mailto:claritysage3@gmail.com) or text 613-332-7103

These classes are specifically designed so that you can be who you are on your own Continuum of Awareness and work with your own Set of Abilities and Limitations.

### Each class is different!

Every class is a unique experience. You will learn, you will grow, you will develop awareness, you will change, you will feel different. I encourage you to come to as many as you can!

Each class has consistencies that build on a foundation of principles to serve where you are at.

We meet two or four times per week, for short or longer classes. We meet on Zoom.  
If you are using a phone or an iPad to connect, download the app for best connectivity.

### It is my Goal to:

Teach you exercises that serve you during the good times... and the bad.

Guide your Awareness to develop so that you may understand more of the complexities of your present experience.

Empower your sense of influence and navigation ... your Choices Matter!

Your tissues will become more hydrated, more resilient, you will feel better, and this all contributes to more balance of Perspective and Sense of Ease.

Upcoming Sessions (4 weeks long)

Sept 8th - Oct 2nd  
Oct 6th - Oct 30th

**613-332-7103**

**[claritysage3@gmail.com](mailto:claritysage3@gmail.com)**

## Details of Monthly (4 week session) Memberships

Introductory/Foundation  
(short classes)

OR \$67.80  
\$79.10

all fees include 13%hst  
that's right!  
its your choice...  
pay the amount that suits you best

8 classes / series (Tuesdays and Thursdays @10:30am)  
each class 30-40 min in duration

Get Familiar with the Basics  
Review, Repeat, Retain,  
Focus on the Basics! An 'Awareness' Class

Perfect for busy schedules and for those who desire shorter exercise sessions.  
Ideal for those who are new, or returning, to a therapeutic exercise component of  
lifestyle ... or have low attention spans! :)

Integration/Core  
(short plus long classes)

OR \$101.70  
\$169.50

(90 or 150 + HST)

8 classes / series (Wednesdays and Fridays)  
each class 60-75 min in duration  
also attend the shorter/foundation classes if you wish!  
(so,16 classes in total/series. Wow!)

A full hour gives us longer time for a more thorough 'workout'.  
More time to warm up, activate, cultivate, marinate, revisit, refine and then relax!  
Lol, that sentence made me laugh!

Accelerator/1:1

\$339

16 classes/session: access to all classes!  
4 private one hour sessions (1x/weekly)  
in-person (if local) or via video call  
support for your individual strategy of care and forward-oriented  
trajectory inc. goals, mindset, lifestyle, etc for  
Balance, Achievement and Ease

Drop - In is not available.

If you would like to join mid-series please contact Claire  
and we can discuss pro-rating the fee for the partial session

Recommended supplies:

yoga mat  
folded blanket (firm, not too plush or cushy) or 1-2" thick book  
2" foam block or SM styrofoam such as these: (inc photos)

camera - Ideally join us with your video on/enabled so that I can see you as you participate in class. We will primarily work in either seated or laying down positions so please arrange camera accordingly. comfy clothes that feel good to move in and are overall warm/cool enough

With Claire you will learn simple strategies for developing awareness of how you use and move in your body.  
Develop functional patterns of recruitment to activate your core, move from your center, integrate your breath, move your body with unity and integration meanwhile aware of the many moving parts.

## Come try it out!

### Payment:

- cash is Amazing if you live locally: I can pick up or we can make arrangements or even put in mail if you're going to post office anyways...!
- otherwise E-transfer is preferred or cheque in the mail.
- Mastercard/Visa (secure payment via SquareUp) is option also.
- Automatic monthly payment may be arranged (Visa/MC via SquareUp)
- participant can cancel membership at anytime; no refunds if during middle of session
- receipts /statements issued via email

primary correspondence is via email;

let me know if you would prefer your class links to be sent via messenger to text.

If you miss a class there may be threads of experience, knowledge, integration missed.

Chances are we will revisit them another day. Beauty of theme for the week.

We get to explore the theme well inc. with repetition and new/refreshed info each day for deeper integration

### Before You Join your First Class, have you

\_\_\_ completed and submitted the Heath History Form and Waiver? (below)

\_\_\_ paid, or arranged payment, with Claire?

\_\_\_ downloaded the zoom app to your phone, iPad, etc... ?  
(not necessary for Macs and desktops / runs automatically)

\_\_\_ received the Zoom link for your class?

Depending on your chosen session/series, you will have one link for the short class series and/or one link for the long class series; emailed to you every Monday for the weeks classes

## Generative Balance Class Health Intake Form

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Occupation \_\_\_\_\_

Emergency Contact (name, #) \_\_\_\_\_

Do you have experience/familiarity with:          yoga          pilates          dance          martial arts

What are your goals/expectations with these online classes? What benefits are you looking for?

\_\_\_\_ Strengthening    \_\_\_\_ Flexibility    \_\_\_\_ Balance    \_\_\_\_ Stress relief  
\_\_\_\_ Increase well-being    \_\_\_\_ Improve fitness    \_\_\_\_ Injury rehabilitation    \_\_\_\_ Other Health Concern

How do you rate your current level of activity?

\_\_\_\_ Sedentary/Very inactive    \_\_\_\_ Somewhat Inactive    \_\_\_\_ Average    \_\_\_\_ Somewhat Active    \_\_\_\_ Extremely Active

On a scale of 1-10, (1 is lowest, 10 is highest) how would you rate your level of stress? 1 2 3 4 5 6 7 8 9 10

Review this list & check those conditions that have affected your health either recently or in the past.

\_\_\_\_ broken/dislocated bones    \_\_\_\_ muscle strain/sprain    \_\_\_\_ arthritis    \_\_\_\_ bursitis  
\_\_\_\_ disc problems    \_\_\_\_ back problems    \_\_\_\_ scoliosis    \_\_\_\_ osteoporosis  
  
\_\_\_\_ diabetes type 1 or 2    \_\_\_\_ high/low blood pressure    \_\_\_\_ insomnia    \_\_\_\_ anxiety/depression  
\_\_\_\_ asthma, short breath    \_\_\_\_ numbness, tingling anywhere    \_\_\_\_ cancer (explain below)    \_\_\_\_ stroke  
\_\_\_\_ surgery    \_\_\_\_ seizures    \_\_\_\_ heart conditions, chest pain    \_\_\_\_ auto-immune condition    \_\_\_\_ other  
\_\_\_\_ spinal fusion    \_\_\_\_ prosthetic joint(s)

Explain:

\_\_\_\_\_  
\_\_\_\_\_

Are you currently taking any medications? \_\_\_\_ Yes \_\_\_\_ No      Currently Pregnant? (EDD \_\_\_\_\_)

\_\_\_\_\_

### PLEASE READ THE FOLLOWING INFORMATION AND SIGN BELOW TO INDICATE YOUR AGREEMENT:

Awareness is fundamental to all therapeutic exercises. All exercise programs involve a risk of injury. By choosing to participate in these online Generative Balance classes, I voluntarily assume a certain risk of injury. I do not have any physical conditions or disability that would limit my participation or preclude an exercise program.

In signing this form I agree to treat my body with respect and compassion during all classes. I agree to be guided from within and modify my practice to meet the needs of my body on any given day. I will work in a way that ensures no harm or injury. I will ask for clarification when I don't understand something.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_