

Try us out

Studio Open Day Taster Classes



Speak To Your Chiropractor Before You Go

Sounds obvious, right? But it'll be a massive help if you do. Find out what they recommend for you and which instructor they feel would benefit your personality style. Everyone responds to a different approach and if you are matched to a class that suits you, you will thrive and get much more out of the taster and class going forward.

Take Some Questions With You

With so much happening it can be easy to forget to ask about how the class will benefit your condition, previous injury or achieve your goal. If you're not sure about something or if you are worried about anything, please let us reassure you or advise you accordingly.

Do The Right Class For You

Again, speak to your chiropractor and ask their advice as to the right level for you. Another factor to consider is the current “feel” of the class - there may be a class that really suits your age range and would be a great social opportunity for you more than another class.

Talk To Current Attendees

Most tasters will also have a couple of current class attendees who would be happy to talk to you and give an honest viewpoint. So ask them questions (yep, that again!). Find out what they think about the class and whether you'd enjoy it etc.

Do A Clinic Tour

A general tour is a great way to have a good look around and get a proper feel for the clinic and what we offer in terms of treatments and events.

Ask About Workshops

Probably the best way to find out about workshops is to speak to our studio coordinator, Vic Williams. She will be aware of what is happening and what is in the pipeline for the future. If you have any requests, please let us know and we will do our best to organise something for you.

Make The Most Of Our Discounts

There will be great discounts and offers that are exclusive to the open day. Ask what's going on and make the most of the special offers and gifts.

