

Build Confidence and Purpose with Pilates

Season 2 · Episode 7 · Consent Cards · Tania Huddart

In a group class, not everyone wants to be touched. And not everyone wants to say so in front of a room full of people. These cards do the asking for you.

Each card has **yes** on one side and **no** on the other. Clients put the card next to their mat with their answer facing up. Nobody has to speak up, and when you walk round the room, you already know.

How to make them

- ☐ Print page 2 on card, or on thick paper.
- ☐ Cut along the dashed lines. You get five cards.
- ☐ Fold each card in half along the dotted line, so **yes** is on one side and **no** is on the other. A dab of glue inside keeps it flat.

How to use them

- ☐ At the start of class, hand out the cards and explain them in a sentence or two.
- ☐ Before you touch, look at the card. If it says no, choose another tool: show it, say it, ask a question, or ask them to use their own hands.

Touch is a conversation

Either of you can say no. Always. That goes for you too. When you do use touch, be clear about why, and keep it gentle but firm. A flat palm or flat fingers usually feels safest. Ask from time to time how your touch feels. Your client is the expert on that.

From Teach Pilates with Confidence by Tania Huddart · taniahuddart.com

Cut along the dashed lines. Fold along the dotted line.

 yes Hands-on help is welcome	 no No hands-on help today, thank you
 yes Hands-on help is welcome	 no No hands-on help today, thank you
 yes Hands-on help is welcome	 no No hands-on help today, thank you
 yes Hands-on help is welcome	 no No hands-on help today, thank you
 yes Hands-on help is welcome	 no No hands-on help today, thank you