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24 February 2019

To whom it may concern

This letter serves as a recommendation for STOTT Pilates instructor Leigh O'Brien. We met in the beginning of 2007 and she introduced me to Pilates in May of 2007. Leigh offered me private and group Pilates classes to help with my dancing. I was competing in Latin American dancing at the time and training for hours every day. Pilates helped me to perfect the difficult dance moves and to prevent injuring myself. My dance trainer was so impressed with the improvement in my dancing that he made it compulsory for all his dancers to do Pilates.

After approximately 2 and a half years of doing Pilates with Leigh she then encouraged me to become a STOTT Pilates instructor myself. After the first STOTT Pilates course I knew that it was what I wanted to do and have since then completed all 7 courses.

I have been working as a Pilates instructor since January 2010, full time for 6 years and part time for the past 3 years. During this time I have still, on occasion gone to Leigh for Pilates sessions as I feel there is no better Instructor. I always walk away from a session with her feeling mentally and physically rejuvenated.

I give full credit to Leigh for giving me the foundations of everything that I know about Pilates. I have been so inspired by her teaching skills that my own teaching style has been hugely influenced by Leigh.

Overall, she is someone who is hard working, passionate, reliable, friendly and trustworthy. I would highly recommend her as a Pilates Instructor who is always patient, compassionate and professional.

For more information, please feel free to contact me.

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STOTT Pilates Instructor
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