

Recommendation

I am an accountant and auditor, and have numerous business interests outside the profession. I have always been active and therefore participated in a variety of sporting activities. Due to some physical constraints, namely severely short hamstrings and other sporting injuries incurred over the years, I suddenly picked up a lower back injury late 2007 when I was 39 years old. On closer medical examination of the injury the diagnosis was that I had numerous bulging disks in my lower back. The medical recommendation was ultimately that an operation would be the answer.

Whilst receiving treatment my Chiropractor at the time recommended that I try Pilates and he referred me to Leigh.

In the first few years pilates was a rehabilitation experience, but I consider now my weekly session with Leigh as another sport and a physical challenge. In addition I began gym training on an almost serious level as the strengthening of the core muscles has given me a new lease of life. In 2012 I began racing motor cars in addition to competing in various endurance races.

I believe that to extract the most value out of pilates there needs to be as much effort from the teacher as the student, and in that regard Leigh's input, care and dedication throughout the class is nothing short of 100%! In addition her knowledge on sports science and body overall well-being is world-class.

At 51 I feel both physically and mentally in better shape than my 20's and my pilates experience bears testament to that,

Djurk Venter