

Morningside

Sandton

March 2019

To Whom it may concern,

My husband Ian and I have enjoyed many years of Stott Pilates and especially over the past 10 years under the private instruction of Leigh O'Brien. We began twice- weekly Pilates sessions 25 years ago when we both suffered minor knee and back injuries. We were advised that Pilates might help keep our bodies supple and strong improving our inner core muscles. Neither of us has ever looked back!

Leigh is an outstanding teacher/instructor; patient, kind, always caring, encouraging and very knowledgeable in her field. She challenges one but never pushes you beyond your abilities and is always very aware of any injury to or pain in the body. We would highly recommend Leigh to anyone no matter what level of experience they have had of Pilates.

Sincerely

Ian and Anzie Hancock