

8/1/14

To Whom It May Concern,

Over the years, I've sought help from doctors, chiropractors and trainers for my chronic back pain. I've also taken unhealthy amounts of over the counter and prescription drugs. I've even enrolled in physical therapy and exercise regimens that were recommended to strengthen my back. Unfortunately I usually left these sessions feeling more painful and more defeated than when I arrived. Although some of these solutions did provide temporary relief at times, I always felt that I was on this never ending roller coaster of pain that I didn't have any control over.

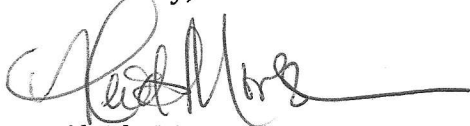
Last summer my lifelong struggle with chronic, aggravating, back pain, turned into debilitating, wrenching, agony that left me completely unable to function. I could hardly bear to stand or walk, and spent most of July in bed. I had an MRI, and it was determined that I had bulging and herniated discs in my lumbar spine. How could I live like this? I was at my whit's end! I knew that I needed to find something that would address the root of the problem, rather than giving me some temporary relief.

So I went looking for some answers and found Pilates. I was extremely wary of the costs involved. I'm a teacher so my budget is tight. But, I figured desperate times called for desperate measures. I knew that I had to find something that would help me! I made some phone calls and was introduced to Jill Tomkins. Immediately after seeing her, I began to feel some relief. I was overjoyed! I had never really experienced exercise that made me feel better instead of worse!

During our sessions, Jill spent lots of time talking to me about the principles of Pilates and the mechanics of how my body worked. She always takes time to explain each exercise and how it will help to benefit me. Rather than feeling like I'm another number in the program following a prescribed regimen, she works with me based on where I'm at in that moment. If I can't manage to do an exercise correctly in the first few tries, she always has a way to modify the movement so that I can accomplish the goal successfully. Within 2 months, not only had my pain disappeared completely, but my posture and attitude had undergone a radical change.

I am forever grateful to Jill for her care and instruction. She's had a tremendous impact on my life. I would wholeheartedly recommend her to anyone who is looking for an authentic, long term, alternative to chronic pain.

Sincerely,

A handwritten signature in black ink, appearing to read "Aleida Morse", with a long horizontal flourish extending to the right.

Aleida Morse