

Wesley Anderson, DCH
Doctor of Clinical Hypnotherapy
309 East Paces Ferry Road, Suite 404
Atlanta, Georgia 30305

Phone: 770-310-5518
Web: www.trance-formations.com
Email: hypnosis@trance-formations.com

Dear Terisha,

Thank you for the Pilates lesson. As you know I have been injured several time in car collisions over the years, and it has been difficult for me to exercise vigorously without strains or injuries. I have been looking for a gentle and safe way to strengthen those all important core muscles, and you have offered a great solution.

I appreciate the time you took to make sure that I was using proper form, which is all important in avoiding injuries and getting the full benefits of exercise. And, it was impressive that you found exercises for me that address some chronic postural distortions.

It hasn't taken long for me to see some results. I intend to keep Pilates as part of my regular exercise routines for years to come.

All my best,

Wesley Anderson, DCH