

January 23, 2012

To Whom It May Concern:

I first contacted Terisha Tatter at Lift Total Wellness hoping to get a massage that day to relieve back pain. Although I was not a client at that time and she was out of town, she found someone to meet me for the massage and then followed up that evening by phone.

While discussing my back issues during that call, I asked about Pilates and I am so glad that I did. Terisha has an amazing ability to push just the right amount to maximize my workout. Our sessions are challenging but a lot of fun and she always takes the time to answer my questions and provide me with homework each week. I can feel myself getting stronger in places I never even knew were weak and my back is feeling more stable than it has in the last 2 years.

The ability to remain professional in her approach but let you know that she truly cares about how you are feeling is something Terisha has mastered and why I look forward to the time we spend together each week.

Sincerely,

Laura Hurley