

FROM: Michelle Ames
Calabasas, CA

September 10, 2014

TO: Jillian Hessel
Palm Drive
Beverly Hills, CA 90210

Dear Jillian Hessel:

I want to say thank you so much for improving my Pilates skills as a student and a teacher. Your B.E.A.M. Fundamentals are truly a game changer that brought me to the next level of understanding physical movement as it relates to Pilates.

During our first session you performed your posture analysis and quite rightly noticed my muscle and structural imbalances. You noted how I performed the exercises by leading with the strong side of my body and then proceeded to find all the right Pilates exercises to therefore bring my body into a more aligned and balanced state. Without your brilliant cues and eagle eyes I would have never found my strengths and developed those weaker areas.

After only a few sessions with Jillian I gained so much core strength and the awareness and the powerfully proper way to use it that I was finally able to execute a particularly tough Pilates exercise that I had been working on for 5 years! I even taped it because I was so excited to share the achievement with my friends and family!

This last Spring and Fall in 2014 I had the opportunity to attend Jillian's Balanced Body Mentorship Training. I completed both Level 1 and 2 and had such a great time learning from Jillian and the fellow attendees.

We had lively open discussions, lessons, fieldtrips, hikes, special guests and we got the special privilege to have a daily self-care Pilates classes taught to us by Jillian. To name just a few things we covered were the many various and beneficial ways to address some specific needs of our clients and businesses, how to properly care for and maintain Pilates equipment and the proper form to execute particularly tough Pilates exercises safely and effectively along with Jillian's special sequencing that enhanced the movement.

It was a learning-fitness-relaxing-retreat all rolled into one that I am delighted I took the time, effort and money to do! Thank you Jillian!

Sincerely, Michelle Ames, PMA-CPT