

Testimonials for Dana Bregman, MFR and Pilates.

I was recommended to Dana by my golf pro who felt I could improve my golf after Myofascial Release, and it would also help my other aches and pains. She was so right! Within a few sessions, my former stiffness and pain had been substantially relieved and I was driving the ball further. Dana has worked her magic on me and given me wonderful advice on how to relieve problem areas myself through stretches and simple exercises. I have tried physiotherapy, osteopathy and chiropractice, but Myofascial Release is by far the most effective in my experience. Dana is a true professional.

Jacky Simons.

Dana Bregman is more than just a gifted physiotherapist. She has a true vocation for the healing arts and brings great intuition as well immense knowledge and experience to the work that she does. I have recently had a knee replacement operation and the pain relief her treatments have brought me has been remarkable. She studies incessantly and is always adding new techniques to her repertoire. She has often stepped in to help members of my family and we all cannot praise her highly enough. I bless the friend who recommended her to me.

Meredith Daneman

As a professional sportsperson for 35years I have endured my fair share of injuries and received numerous treatments! I just wish I had discovered MFR when I was younger, especially when delivered by Dana and her "magic hands". Dana's experience and special intuition ensure that I have benefitted not only from the treatment at the time but my body has continued to heal itself afterwards. The result has been that most of my chronic injuries have completely disappeared. She has also helped me to strengthen my body in a safe way through her enthusiastic Pilates tuition.

50+ from Battersea

I was recommended to Dana by a friend, after a recurrence of old spinal injuries, which were causing me great pain and therefore an inability to sleep. He was effusive in his praise of her, which turned out to be absolutely correct. She has an extraordinary ability to identify areas of pain, and the relevant techniques required to alleviate, and subsequently rid me of all pain, so much so that I am now running again.

Her approach is holistic, her demeanour kind, attentive and calm.

I recommend her very highly, and shall be sending my friends and family to her should they need her healing hands.

Mopsy Wass

Battersea, SW11

Dana is an outstanding pilates instructor. Her classes are always varied and challenging. She is encouraging while gently correcting participants to ensure that her classes are 100% safe. Dana is up to the minute on recent trends and research in the field and integrates her knowledge in continually developing the exercises and technique. She creates a warm relaxed noncompetitive atmosphere in which

everyone feels able to work to their own level. I have attended Dana's classes for over five years, and, as a result, my posture is improved, I am less prone to aches and pains and injury, and I am generally stronger and fitter.

Lucy Hammond.

I first met Dana, nearly two years ago when I sixty five and was attending my first ever Pilates class. I was very impressed by her very concise, clear manner when giving instruction. She demonstrates keen observation skills and provides constructive, sensitive feedback to both individuals and to the class as a whole. Her demonstration of poses is verbalised, to ensure that everyone is clear as to how they should move and which part of the anatomy will be strengthened as a result.

The class lasts for one and a quarter hours and at the end of that period of concentrated movement, one feels that the body is 'well oiled' and released of all tension. The high rate of regular attendance to the session is testament to Dana's warm highly professional approach.

When I started my classes I had problems with my back. Dana gave me deep fascia massage and showed me how to adjust my posture. I had an operation a few months later and now my back is really strong as I have been attending weekly classes.

Pauline Wilson

**Today I played golf after Pilates. I have never played on the same day as I do Pilates. Wow! What a difference! I played so much better: was so loose! Now I know to really stretch well before playing.
X Alexandra Dembitz.**