

To whom it may concern,

I am writing to recommend Jim Donak as a coach for circus and overall movement instructor.

Over the years I have taken many of Jim's classes: trampoline, handstand, physical limitation elimination, bending backwards.

I have been taking classes and workshops in different apparatus and disciplines in various circus schools for a good number of years now, in the US and abroad. This gives me the ability to distinguish a seasoned coach who knows about technique but also about anatomy and injury prevention.

Jim has an extensive knowledge in body mechanics and his years of experience allow him to teach techniques with finesse while keeping the body free of injury.

Because of his background and his seniority at the circus center Jim has earned the reputation among students of being the "go to teacher" when students go back to training after physical rehabilitation.

He is also a teacher that will get recommended among circus students, both beginner and advanced, for his ability to identify training blocks, to elaborate individualized training to remove these blocks, correct techniques and enhance performance.

Jim is the kind of teacher who contributes to the value and reputation of a serious and professional training space because of his experience, his curriculum and his passion. I highly recommend him as a coach.

Sincerely,

Caroline Desjardins