

25 June 1997

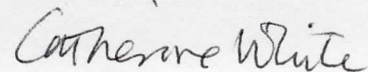
To whom it may concern:

I am pleased to have an opportunity to recommend Jim Donak as a teacher. As one of his students, I learned quite a lot about the physical health and capability of my body, and can describe specific characteristics of Jim's way of teaching that I think facilitated that process.

Jim demonstrates a substantial depth of knowledge of workings of the body's various systems. He has a skillful capacity to convey what he knows to the individual student and the class as a whole. With a both real and metaphoric gentle touch and a sense of humor he manages to develop concentration and an inward oriented focus on one's body. He encourages a quietly aspiring and at the same time very pragmatic attitude toward finding one's own capacities and limitations. He easily accommodated, within the same class, a wide range of experience levels and physical types, needs, goals, and interest. However busy he was, he was available to students concerns and questions.

I think he is a gifted teacher. He makes a hard job look easy.

Respectfully,

A handwritten signature in cursive script that reads "Catherine White".

Catherine White, Ph.D.