

To Whom It May Concern:

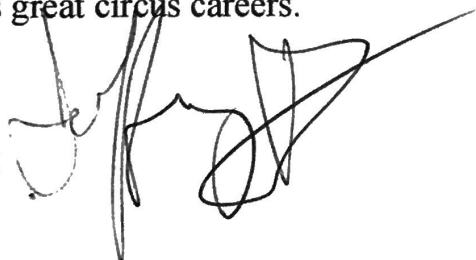
Weekly bodywork sessions with Jim Donak helped me to perform at a high level with the Pickle Family Circus in the 1990s. A decade later, Jim taught my students at The Clown Conservatory. His thorough and comprehensive understand of body biomechanics allowed him customize his acrobatic classes to meet the needs of clown students, many of whom were not acrobats. One year he custom designed a full body warm-up specifically for the clowns; I continue to use that warm up with students today.

Jim's unique combination of skills, body worker and educator, gives him an edge in both individual sessions and classes. His approach to both jobs is well researched and innovative. Jim's understanding of the psychology of learning, the mental and emotional blocks as well as physical ones, gave him the tools to mitigate the pain I had from a broken back earlier in my career while giving me the tools to hold four-highs into my early forties. In the classroom, he reverses this process, using his deep understanding of bodies to help students build careers that are safer and grounded in healthy movement.

In his decades-long career as a performer, teacher and body worker – locally, nationally and internationally – Jim has become familiar with a wide variety of circus disciplines and the physical requirements of each. From his own experiences and his work with many people in mid circus career, he understands the demands of professional circus performers. Jim imparted valuable skills that have had a positive and lasting impact on me, on my students, and on all of our careers.

I strongly recommend Jim Donak as a unique teacher and body worker who launches and supports great circus careers.

Jeff Raz

A handwritten signature in black ink, appearing to read 'Jeff Raz', with a long, sweeping horizontal stroke extending to the right.