

São Paulo, October 25th, 2019

To whom it may concern

I am writing this letter on behalf of Jim Donak as a testimonial about his knowledge and skills as a teacher.

I studied under Jim's supervision at the Circus Center, San Francisco, from August 2014 to June 2015 and I have never seen a circus professional so knowledgeable about the human body and about techniques to improve strength, flexibility and balance. The class taught by Jim, physical limitation elimination, was the best class of its kind and it completely changed my perception about my body and how to use it right to achieve my flexibility goals. During his classes Jim brought to us not only the correct techniques to stretch but also a detailed understanding of how muscular groups should work and how we could activate our neuromuscular response. This understanding was fundamental to help me do the best use of my body during my other circus classes.

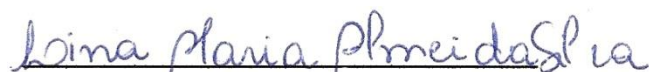
Jim's impact was so wonderful that in 2016, I helped to organize and invited him to teach a workshop at Samadhi Dance School, São Paulo, Brazil. All the spots were taken as soon as it was announced. A total of 12 people had the opportunity to spend three hours learning some of the best techniques applied by Jim in his classes and many of these professionals are now using it on their classes and training.

During my training under Jim's supervision, I have witness a great improvement on the flexibility and range of motion of myself and my colleagues and through his teaching I have acquired fundamental skills to keep developing my flexibility correctly and injury free even now that I'm no longer living in San Francisco.

In this way, I would like to reinforce how Jim's extensive knowledge about human anatomy, flexibility and range of motion provides fundamental skills for many artists to excel and also creates a safe environment form them to recover from injuries without having to stop training.

Please keep this information under consideration.

Best regards,



Lina Almeida-Silva

Pole Dancer

PhD. Biological Sciences – Zoology