

To Whom it May Concern,

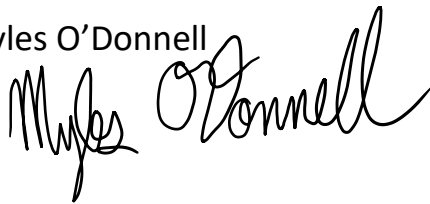
I am writing to recommend Jim Donak as a Circus/fitness instructor, physiology expert, and overall body wizard.

I have known Jim since 2013 and have attended scores of his Circus classes, anatomy workshops, teacher trainings, and more. Not only is he one of the most skilled instructors I have experienced, but he also brings 1000s of hours of anatomical study and experience to his practice. Jim is consistently ahead of his time with regards to training techniques, anatomical understanding, and pedagogical expertise.

Jim played a crucial role in shaping my view of the body and its capabilities—I am now studying to be a doctor largely because of his direct contributions to my interests and understanding. Jim Donak has travelled and taught internationally, has years of experience, and is a treasure trove of information for any institution that could have him. As an instructor *and* as a warm, congenial person, I cannot recommend Jim enough.

Sincerely,

Myles O'Donnell

A handwritten signature in black ink that reads "Myles O'Donnell". The signature is written in a cursive style with a large, stylized 'O' and 'D'.

Myles O'Donnell

DC student, PMA-CPT, RYT, FRCms

510-862-7016

modonnell@college.lifewest.edu