To Whom it May Concern,

I first discovered Jim Donak's genius nearly 20 years ago when I first came to the San Francisco Circus Center. As someone dealing with some physical limitations and injuries from high school, traditional training pedagogy often created difficult roadblocks that prevented me from training consistently to my fullest potential. More often than not, these methods and classes lead to further pain or injury, setting me back even more.

I began working with Jim in his "How to Train and Not Get Hurt" workshops as well as his Introduction to Handstands, and "Extreme Stretching" series of classes.

More than any other teacher I've had, by far, Jim has an absolutely thorough knowledge of anatomy, both in an academic sense, but most importantly, as it applies to the cycle of training and recovery. He brings a level of nuance to training protocols beyond the rote "one-size-fits-all" methodology that permeates the world of fitness and circus in particular. This breadth and depth of both knowledge and application creates a truly next-level learning experience. I've come to such a deeper understanding of my own form and function, where my unique strengths and weakness lie, and how to approach training in the most effective way possible while limiting my risk of injury as much as possible.

I should also add that I am not just an athlete but also a massage therapist myself, and when tweaks and injuries do occur as they inevitably do over time, I've found it very difficult finding a therapist who truly understands the unique needs and challenges faced by extreme athletes. In such instances, Jim has been my go-to bodyworker for my manual therapy needs and I recommend his courses for any massage or physical therapists who really want to deepen their knowledge beyond the theoretical and into the practical needs of extreme athletes and physical artists.

As both a student and veteran of the athletic and therapeutic worlds, I could not give a higher recommendation for Jim Donak.

Sincerely,

Scott Caron
Owner Whole New Body

WHOLE NEW BODY