

Jim has been a pivotal force behind my flexibility training and knowledge of safe training practices, allowing me a successful career as an aerial artist.

As a child I was left out of many acrobatic modes of activity due to my inherited lack of flexibility. Being told I would never be able to excel at acrobatics or dance, I moved on to other sports that didn't require flexibility. Then in 2004, I decided to take a chance with my dream of participating in circus arts, and signed up for Jim's class in order to finally gain knowledge regarding safe flexibility practices.

With dedication and grit, Jim shared his extensive knowledge of the dynamic body, allowing students to learn how to gain flexibility, maintain flexibility and create an ongoing practice of extreme stretching while avoiding being injured. A lot of sweat, laughter and tears in Jim's classes have brought me to a place of fluid splits, flexible spine and shoulder extension... injury free.

Being a physiology master, Jim works with adults, vigorously and enthusiastically to achieve a full range of flexibility, despite previous injuries or hereditary disadvantages. I am so thankful he is a part of our community. I owe a lot to Jim and appreciate his providing appropriate flexibility curriculum for non-contortion focused adults, breaking down misconceptions and allowing pathways to success.

- Danielle Sandia Sexton, 2020