

I have been doing Pilates with Leigh since April 2005. She was recommended to somebody at our work, who asked her to demonstrate a possible mat-work class to be held at our offices. I have lower back injuries which cause severe nerve pain in my lower back as well as sciatica, so I was interested in seeing what the classes would be like.

I am a software test manager at an international software development company, and often work long hours, sometimes under extreme time pressure and stress. I have quite bad osteoarthritis in my hands and wrists in addition to my lower back issues, which can complicate the exercises I can do. Leigh is brilliant at finding alternative ways for me to do the same exercises as the rest of the class just with some variations.

Over the years, I moved to being in a shared private class with Leigh at the studio she shared with another Pilates instructor, to being in a private class at Leigh's new studio in Bryanston. Leigh is a fantastic teacher, pushing me to extend myself in my exercises and always finding ways to adapt to my physical limitations. I very rarely have any sciatica at all these days, and very rarely have any of the lower back issues that used to plague me all the time.

Leigh helped me to be diagnosed with celiac disease, which has greatly improved my quality of life, and I'm so grateful for her support and encouragement through the years, when she has insisted that it's not okay to feel bad every day. The person I am today compared to the person who started Pilates all those years ago is something I can't always believe.

I have only ever attended Pilates classes with Leigh, but I know from anecdotal evidence that her classes are superior to a lot of the other classes available out there. Not only does she have extensive experience in many forms of physical training, but she has a deep understanding of, and interest in, medical issues and physical barriers to training. She can accommodate people of all levels of experience and with different physical issues.

She is also very compassionate and supportive of her patients physical and mental well-being, and very well-read when it comes to anything health related. Leigh is very respectful of her clients and won't pry or push for information but is very good at listening and understanding if you do choose to share.

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