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September 9, 2002

Dear Sir/Madam,

It gives me great pleasure to share with you a letter of recommendation for Leigh O'Brien. I have had the pleasure of working with Leigh in June and July of 2002, teaching Leigh the STOTT Pilates* method. Her professional yet approachable and patient manner make her both an excellent student and instructor. Her ability to verbally and physically teach the material is excellent and refreshing.

Leigh has successfully completed STOTT Pilates* Mat, Reformer, CCB, and I.S.P. courses, in Johannesburg. It is a great advantage to Leigh to be certified in Mat and Reformer STOTT Pilates*, as it will place her in high demand among Pilates instructors. STOTT Pilates* is internationally recognized as the highest caliber training available, and is recognized by the American Council on Exercise. STOTT Pilates* is a member of many associations including, IDEA, the Health and Fitness Source and IHSA, (International Health and Racquet Sports Association).

I highly recommend Leigh for any position she pursues. I have no doubt she will approach everything wholeheartedly and professionally.

Please feel free to contact me if you have any questions.

Sincerely,

A handwritten signature in blue ink that reads 'Stefania Della Pia'.

Stefania Della Pia

Certified STOTT Pilates* Instructor Trainer

stefania@stottpilates.com