

TESTIMONIALS ON MENEZES METHOD



“The difference of Allan’s style and techniques – B line, the offering and Core will help me prescribe safer workouts for my patients”

Catherine – NSW **Podiatrist**

“This course gave great cue information”

Andrea – NSW **Physiotherapist**

“This has definitely helped improve my treatment of patients and helped me to gain confidence teaching classes.”

Michele Slater - NSW **Physiotherapist**

“Doing this course has allowed me to think more laterally for each client population.”

Ruth Todd – NSW **Physiotherapist**

“Allan helped me to understand the significance of breathing and the concept of core vs my prior understanding.”

Joan – NSW **Physiotherapist**

“So much knowledge, he has changed the way I think and I will never teach the same again!”

Lauren Canham NSW **Dance Teacher**

Fun discussions, with details and room for questioning. It is a great style for coaching dancers.”

Linda Gamblin NSW **Professional Dancer**

“More awareness of muscle and body function”

Maxine Breust QLD **Yoga Instructor**

Excellent content and knowledge of body and breathing, it has helped think beyond my previous experience in fitness”

Janine Barrett NSW **Personal Trainer**

“This course is amazing! No other course has been so extensive and helped me understand the application of movement for myself and for my clients!”

Sammy Moore NSW **Personal Trainer**



“This course makes you learn a lot about how to use your body for control and strength”

Gina Tonelly VIC **Physiotherapist**

“I would recommend this course to other people for the knowledge and content”

Gaylene Molinia VIC **Personal Trainer**

“I would recommend this course as it is professional, it has a specific membership and contact to the trainer after you complete the course”

Kimberley Wood WA **Exercise Physiologist**

“Comprehensive theory. All questions are always answered”

Kane Spagnolo VIC **Physiotherapist**

“Excellent amount of knowledgeable information that was also practical!”

Taryn Gray WA **Exercise Physiologist**

“It is a hard course, but extremely informative”

Kelly Coombs NSW **Physio Aide**

“Top class, very in depth, the presenter is very knowledgeable”

Bat-Ami Ungar NSW **Fitness Instructor**

“A very thorough course for anyone”

Leigh-Anne Vizer QLD **Physiotherapist**

“Highly comprehensive, great variety and reasoning for doing exercises”

Luke Matthews VIC **Myotherapist**

“Its really challenging and intensive, but also inspiring and makes you think”

Samantha Haintz VIC **Remedial Massage Therapist**

“The most detailed, safe and innovative method around”

Sarah Mackay VIC **Pilates/Dance Instructor**



“Because of Allan and after watching other sessions, I see that this method is the safest” Wendy Louise Top VIC Remedial Therapist

“Great Clinical Knowledge”

Yvonne Pennisi QLD Occupational Therapist

“Intensive, professional, passionate and technique and comprehensive in the course is stressed”

Rayne Murray VIC Osteopath

“Thorough, particular and instructor really cares that we get it right so to benefit and not hurt our clients”

Helen Lowe VIC Physiotherapist

“Professional, more information, better quality and higher standards of instructors”

Amy Strutt SA Remedial Massage Therapist

“This course offers a fantastic opportunity to self discovery and newfound body awareness to patients”

Matthew Jennings NSW Osteopath

“Very professional yet approachable”

Emma Hindmarsh NSW Physiotherapist

“Helped give a lot of scope to treatment options and is functional for rehab and general conditioning”

Carina Salvemini ACT Physiotherapist

“Excellent – So good at explaining!”

Laura Frank ACT Osteopath

“Friendly, interactive and highly informative with the perfect mix of theory and practical components”

Moneera Mellick NSW Physiotherapist

“The content ‘makes sense’. Very functional approach to a 100 year old method. Menezes method addresses issues relevant to the here and now”

Linda Clee ACT Physiotherapist

“This workshop is useful for the rehabilitation of back pain patients”

David Pradela ACT Osteopath



“Very good presentation; great “queuing” suggestions. Very good floor 1 exercises”
Sue Brannon NSW **Physiotherapist**

“There’s no other course that will exceed this. Allan’s expert information has changed the way I look and strengthen the body. Everyone who does this course will leave with valuable information and life skills”
Jeffery Phipps NSW **Personal Trainer**

“Better understanding of muscles, core and posture for use in teaching other classes”
Claire Whelpton NSW

“The knowledge gained from this course will be invaluable in helping me to to develop into a confident and competent Pilates instructor!!”
Jesse Curran QLD **Physiotherapist**

“Excellent base knowledge in application of Pilates exercise”
Kimberley Wood WA **Dance/pilates instructor**

“Provides a clear and thorough base of knowledge which is very specific and therefore of greatest benefit”
Jenna Kate Bovell WA **Student Physiotherapist**

“The content of the course was outstanding and allowed me to gain knowledge I wouldn’t have received elsewhere”
Kellie Zappara WA **Pilates Instructor**

“Fantastic review of anatomy and muscle mechanics, great introduction to practical use of Pilates and analyzing/correcting technique”
Kate Holtzman WA **Physiotherapist**

“Allans knowledge was incredible. He was able to back up everything he taught with evidence based on facts”
Andrea Hudek WA **Chiropractor**