

# **Testimonials from attendees to Menezes Pilates UK 2010 Tour Its all about the Core Workshop**

The testimonials below are from attendees who are all trained Pilates instructors trained by different, major Pilates Training organizations in the UK. Length of teaching experience varies from 2 to 10 years.

## **Compared to other Pilates Workshops you have attended, how would you compare the Menezes Method style?:**

*“Excellent. It made sense. Reasons for everything we did”*

*“No Comparison. All other workshops have been repetitive, uninformative and not relevant to my clients.”*

*“More informative. More knowledgeable. Makes more sense.”*

*“Very factual and answers ALL your questions – not afraid to be questioned, like some other presenters from other companies.”*

*“I would say that the course followed how Pilates would have wished it to be in the 21<sup>st</sup> Century and not an incorrect version as taught to me 8 years ago.”*

*“Less focus on the tea break and nice lunch aspect – more on the meat of why we were there – a refreshing change.”*

*“Small and much more enjoyable. Last course I did with \*\*\*\*\* = 100 participants!”*

*“More detailed specific content and reasons given for why do certain movements.”*

*“No comparison. This was challenging and informative. Thank you so much!!”*

*“There is no comparison. One hundredfold the best. Inspirational.”*

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*“Much more structured – course notes much better than most I have received.”*

*“It has made me question a lot of my previous knowledge.”*

*“Far superior. Blew me away.”*

*“Learnt more in 2 days than any of the other courses over the last eight years!”*

### **Reasons for you to recommend Menezes Method Pilates:**

*“Its Different. Its exciting and makes you feel inspired.”*

*“It will change your view of Pilates and teach you how to get results when otherwise you haven’t.”*

*“Do a training course that IS Pilates.”*

*“It explores “why and how” rather than just telling you what should be.”*

*“Very educational with a sound basis of fact.”*

*“Significantly different and effective exercises and method to other courses”*

*“Come along to a Menezes workshop and ‘think out of the box’.”*

*“Its opened my mind!! Brilliant!”*

*“Excellent knowledge backs up everything you are asked to do. Do it for yourself even if you never do any other course.”*

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*“Eye opening. Changes your thought processes.”*

*“It was so full of information, it made me realise you need to know why (the theory) behind everything you are taught. This course delivers this where others have not.”*

*“If you want to become a better instructor and achieve results, I would highly recommend you attend Allan’s course.”*

*“Most ground breaking content I have heard since starting my Pilates training.”*

*“Climb out of your box and have a radical rethink”*