

22.11.08 Wien

Dear Samu Raij

Last weekend I came to your Elongation-Reformer seminar. I had several reasons to come and one of the reasons was to get a new enthusiasm for the Pilates method. And I got a new enthusiasm again - but not because of the method itself but because of your deep approach.

During doing exercises I felt POWER WITHOUT A FORCE coming from inside. Power without a force is your motto and you are probably only one who knows how to get it. The others have no idea - either they train their muscles like machines without a brain or they do fancy "la la la" without effect.

Last weekend - without pushing myself, I was able to exercise easily and amazing energie came from inside. Saturday evening, ~~coming~~ coming home I was like a "bombe" - ^{totally} awake physically and spiritually, each cell of me was ALIVE and PRESENT! I felt HAPPY, STRONG, POSITIVE, FLYING, SHINING... SENSUAL!

I learned again - no matter which method you choose but you must to understand it and master it.

I am persuaded that your concept of "Power house - engine" is more effective than the one of Dr. Pilates!

Thank you for a new inspiration,
Radka