

"Cally,

I'm not sure I can ever thank you enough for what you have done for me. The ways in which you have changed my life go way beyond what is reflected in the mirror. As a woman, as a mother more specifically, there are things about my body that I just assumed were here to stay. I have given birth to two pretty large babies, and after 18 months of pregnancy (9 months per kid), I was left with poor pelvic floor strength, a pretty serious case of diastasis-recti (abdominal separation), and an anterior pelvic tilt that caused lower back pain. Through consistently working your method and learning the correct ways to strengthen those areas, I have seen immeasurable differences!

Pelvic floor weakening brings a whole host of issues, one being peeing your pants. Come on, where my mamas at!? If I jumped, I peed. If I laughed, I peed. If I stood up too fast, I peed. The other day I was jumping with my kids at a trampoline park and I realized I hadn't peed. This was shocking! I have healed this most embarrassing part of my post baby body, I can jump and laugh worry free.

Another insane, yet completely note worthy, side effect of strengthening that area is sex. We're all adults here so yes I'm going to talk about sex. In the last few weeks I have noticed a tremendous change in this aspect of my life. I not only feel a million times more confident, but I also FEEL a million times more... Again after babies bodies just change, and this was yet another thing that had done just that. But I now experience more sensitivity and sensation, and I can only attribute it to the changes in my body since committing to consistently doing your method.

The inches and the weight I've lost are all things I am insanely proud of, but I've got to say the other stuff literally outweighs all of that. Those are wonderful by products, the real change though is something that cannot be measured. I am so much more confident, I feel so much better in my skin, I am at peace with my body, I am enjoying life more, I think less about my body which frees up so much more time for the people and things that I love.

You understand women's anatomy, you design programs that work, you cater to the specific needs to post natal women, you change lives, and you do all this (well for me it has been) entirely virtual. Your ability to effectively cue even the weirdest of body positions is astounding. You have an incredible gift of connecting with people, and a passion for what you do that transcends the videos and thousands of miles. I can feel it when you teach.

So all this to say, I am so incredibly thankful for you. My life has changed for the better because of you, I will continue to do your method, and I will continue to shout from the mountain tops in hopes that other women can experience your magic too. Thank you!"

Dana M- Colorado Virtual Client