



## PA Property Management Inc.

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After thirty years of high stress employment, the 80-hour work-weeks caught up to me and I found myself burnt out both mentally and physically. I never thought that this could happen to me; my creativity and my capacity to work had seemed infinite. Suddenly unable to drive a car, sit at a desk or even recline to read or sleep, I found the traditional health & therapy sources unprepared to deal with someone almost crippled with fibro issues but otherwise healthy in every other way.

Co-workers, friends, and family had suggested yoga as a means to improve physically so that other therapies would have a chance to work, but I was too intimidated by large yoga classes where everyone knew what they were doing. My wife, who has long encouraged me to try Yoga, suggested I call Joanne Pineau and see if Joanne would give me individual training.

Since commencing those individual sessions with Joanne I have not only begun a steady return to work and recreational activities, but I have also been given hope for improvements in the future. With infinite patience during each session she crafts individual exercises both physical and mental depending on my ability that day. The result has been long term continued, sustained improvements, both physical and mental which allow me to feel better and to deal with stress proactively. Instead of being fatigued, I feel better and I think better. I am confident and optimistic.

It is my opinion that not only is Joanne Pineau a highly skilled ( and certified ) instructor, but that her patience and ability to train is unique. I would not hesitate to recommend an individual session with Joanne for anyone looking to improve their quality of life.

Yours truly,  
PA Property Mangement Inc.

Peter Crosthwaite  
President