Mirabelle Gazit Testimonial

"Keep your hands in the air, as if you were being controlled by a puppeteer"

"Try and walk like a monster, feet apart, and stamping"

“Keep your shoulders loose and free, not taut.”

Typical inspirational instructions from Mirabelle before short, but focused exercises.

She plans her sessions with care, wholly attuned to the needs of her clients. All exercises and tiny movements are carefully planned in the session, and the client feels confident that they have used up their allotted time to the maximum efficiency.

The client does not simply copy the exercise or movement, but is encouraged to think about the methodology, the intervention of the brain, muscles, nerves and bodily commands necessary to complete the movement.

In a typical one-hour session, Mirabelle can get her clients to complete as many as twenty small exercise movements. She tailors the sessions to overcome the clients’ illness or disability, every exercise is carefully researched and used as part of a planned session. The client/patient always feels a sense of achievement when successfully executing a body movement, and is made aware of the effect it will have on his/her road to recovery.

In a very short time, Mirabelle gives her clients a confidence and feeling of optimism that was missing before. They benefit physically and, more importantly, mentally, from the sessions.

Thank you Mirabelle xx