



# Red Mountain Wellness

## Testimonials

It is a privilege to work with people and help them improve their health and wellness. These testimonials span over 20 years in Philadelphia PA and Bellingham WA. They are not in chronological order. Some clients worked only with Deborah or only with Patrick. Some worked with both Deborah and Patrick. To respect individuals' privacy and confidentiality, sometimes only first names are provided. Most of these testimonials do not address Yoga Psychology with Deborah because of confidentiality concerns.

Over two years ago I had a major spinal injury. After my initial PT/Rehab, I tried to return to the things I enjoy such as running and long distance cycling and I simply couldn't do those things without suffering incredible back pain. Basically, I couldn't pick vegetables in my garden or bend over to wash a floor without agony.

At the suggestion of a friend, I called Patrick and began doing some private sessions so that he could get to know me and assess my spinal health and needs going forward. His focus is safety first which was perfect because I did not want to do anything to make matters worse.

Over time I became stronger and within a few months my back pain subsided. A few weeks ago I road in the Tour de Whatcom and completed 70 miles. At the finish they were offering complimentary massages which I enjoyed but the only issue was tight quadriceps and hamstrings, not an ounce of back pain. Not bad after hours in the saddle in a forward leaning position. DRT has changed my life considerably and it's great to see my balance and strength improve.

Thanks Patrick!

Kim 2017

It is with pleasure, privilege, and high praise that I recommend Deborah and Patrick Redmond to you. Both Deborah and Patrick are outstanding teachers, clinicians, and people.

My name is Harry Howard and I have been a student of DRT at Red Mountain for approximately two years; primarily under Patrick's tutelage. Their knowledge of Pilates history, principles, techniques, and instruction are vast. They explain, demonstrate, and teach in a clear and concise method. I am a Podiatrist (over 21 years) and a Physical Therapist (over 28 years)

and greatly appreciate their knowledge of the biomechanics, kinesiology, and anatomy. Their instruction and teaching methods are well tuned for the beginner as well as for a professional clinician.

The Red Mountain Studio is a place of tranquility, peace, harmony, friendship, and learning. I have benefitted with increased flexibility, increased muscle tone, improved coordination, improved balance, and a greater sense of harmony and self. I have made new friends and become a friend to a wonderful group of people whom I cherish dearly and we are now a family. I look forward to seeing you at Red Mountain.

Harry Howard, DPM, RPT 2008

A few years ago as I neared 40, it became clear that the anxiety and depression that had been tenacious companions since my early 20s were less manageable than ever. The severe post-partum depression that followed the birth of my child three years earlier just never seemed to go away. My family and friends became increasingly alarmed as they witnessed my withdrawal and overall lack of enthusiasm for anything. What they didn't know was that thoughts of ending my life filled my mind, any time it was not focused on an immediate task. Frequently I found myself wandering to our garage and taking mental inventory of what damage different tools might inflict on my body if I could just find the courage.

Little did I know that tools and courage were exactly what I would find once I began working with Deborah and Yoga Psychology a few years later. In the interim I began taking an SSRI at the insistence of my worried family. My anxiety vanished, along with my creativity and any sense of a greater purpose. I spent two years experiencing this "Teflon brain" before meeting Deborah at an open house in her Bellingham studio space. I began weekly private sessions with Deborah that immediately gave me a feeling of connection to a vital framework that I strongly sensed was already within me, waiting to be woken up and enlivened.

This framework continues to be illuminated through ongoing work with Deborah as we address my specific challenges within its context. Deborah delivers a "therapy" that feels profoundly different, more effective, active and joyful than anything I have experienced in many previous years of other therapy. Within a month of beginning my work with Deborah I directly experienced such a growth of clarity, purpose and

strength that I began a gradual withdrawal from my SSRI and was completely off it within 6 months, with zero negative repercussions.

Yoga Psychology has not only given me access to what feels like an infinite supply of wondrous tools, it has helped make sense of many feelings, fears and questions that have pestered my rather active mind since childhood. I have not come close to revisiting my former depth of despair. The confidence I now hold knowing that my experience in this life comes from within me and is colored by my choices in thought, work and action, means that I am now, very gratefully, able to find and do my life's work.

2012

Dear Patrick and Deborah,

Yesterday I completed Iron Girl in Seattle. That's 1/3 mile swim, 12 mile bike ride, and 3 mile walk/run. Can you believe it? This is not the same person who came to you in December, severely overweight and barely moving. While I did lots of extra training for Iron Girl, it was coming back to DRT Dynamic Resilience Training early this year that got me started on the road to health and fitness. When I am regularly in your environment of wellness, I tend to do other things healthier too. Since coming back I have lost 55 pounds, and my body fat has dropped from 51.1 (yes, over half of me was fat) to 39.1.

You are both amazing people. I so much admire and respect you and what you do. Thank you again for all of your help and support.

With appreciation,

Tami 2015

I LOVE my DRT and SlimBouncing sessions. Patrick and Deborah are truly exceptional instructors. They are caring, witty, and always professional in their interactions with their students!

I am the healthiest, strongest and in the best shape since I was in my 30s after joining Red Mountain. Thank you Patrick and Deborah for sharing your passion in life with us!!!

Rhonda Becker 2018

To Whom It May Concern:

I have delayed writing my thoughts about the Red Mountain Pilates Studio run by Deborah and Patrick Redmond until after I attended several sessions at another studio. Since the Red Mountain Studio was the first and only Pilates classes that I had taken, I wanted to be able to make a comparison of studios.

I attended the Red Mountain sessions for approximately 3 years. I was in my mid 50's when we started. I am a professional Fire Protection Engineer and I spend much of my day doing design work on my computer. I had never participated in any formal "exercise" classes and really had no idea of what my wife had gotten us into. I was immediately impressed by the personal and professional manner taken by Deborah in evaluating my particular needs. I had just been diagnosed with a medical condition which has no cure and could become progressively more physically limiting. I was concerned that this condition and the fact that I have had both hips replaced would limit the effectiveness of any exercise program. Deborah's assurance that they could develop a routine that I could do within my physical limitations provided me with the confidence and desire to become involved with the studio. I feel that their program has done a lot to limit the progression on my physical problems.

In comparison to the present studio that I am now attending, it is more than obvious that Deborah and Patrick did an excellent job of developing each 6-week program to best enhance the development of the students. Patrick is an excellent task master. He clearly and enthusiastically provides instructions on the proper Pilates exercises emphasizing proper breathing and form to each individual even when there are 5 students in a class. It is obvious that Patrick is following the programs developed by Deborah and that he has taken the time to learn what specific benefits were to be gotten from each specific exercise.

The equipment used in the studio is excellent and well maintained in comparison to the equipment used in the studio that I am now attending.

I strongly recommend the Redmonds to anyone who wants to participate in a satisfying, healthy, fun exercise program and I will truly miss my sessions with the Redmonds.

Jim Gourley 2008

Patrick:

Lisa and I hope that you and Deborah have settled in and are beginning to establish your new operation.

We truly miss our classes, you ran a first class studio and we now realize how difficult it will be to find a studio to replace Red Mountain in Philadelphia. I'm sure you both will do very well and your new students will benefit from your experience and hard work.

Thanks again for all you've done for us - - you both will always be in our thoughts.

Regards,

Phil Alandt JWT - Philadelphia 2008

## To All Of Deborah and Patrick's Prospective Clients

You are incredibly lucky that the Redmonds have decided to open a wellness center in your area. I was also very lucky when I came home from a year overseas to find them just around the corner from my home.

My name is Anita, and I am a former dancer-teacher-performer of mostly ethnic, predominantly Middle Eastern genres. I have reinvented myself as a Language Instruction Methods Instructor and full-time Spanish teacher at a suburban high school.

I loved, and still love, all forms of movement and dance and studied many forms from ballet to Afro-Cuban, along with yoga, weightlifting, and so on.... In 1982 I began to study the Pilates method, using the reformer and other equipment with a teacher here in Philadelphia (I am originally from California). Back then, I had to explain Pilates to people, mostly my doctors, who tried to diagnose my various aches and pains. I retired from professional dancing in 1992.

It seems I suffered from arthritis, degenerative joint syndrome (polite for arthritis), fibromyalgia, herniated disks, bunions, capsular and other cysts, bursitis, a torn labrum, subluxations, an imbalance of muscular strength and range of motion, an imbalance of Chi, and certainly some blockage of Prana, among other disturbances!

I have had the privilege of studying at Red Mountain (the Redmonds, get it?) for about 4 years. Now I will not tell you that Deborah and Patrick will magically cure you if you are in pain. What I can say is the following:

In both their yoga and their Pilates individual and group work, there is always a very careful emphasis on the sequencing of exercises, so that it is nearly impossible to injure yourself in class. This is incredibly important. For very young, professional dancers and athletes who are extremely strong and flexible, there is no fear surrounding Pilates or yoga classes.

However, for the rest of us--- that's most of the population --- there can be fear. I am still afraid when I begin a new class or start a new type of exercise, that I will injure myself, or exacerbate an already existing condition and find myself in more pain than before!

This is not possible with Deborah and Patrick. Thanks to their meticulous application of their many and ongoing types of training, they are able to work with each client's particular limits and ability levels. This is revolutionary!

Unlike traditional "classical" Pilates, which was historically used to rehabilitate boxers and ballerinas, Deb and Patrick have developed sequences of stretches and

movements, mixing mat exercises, some hatha yoga, and even some recognizable dance moves to ready us for other, more traditional exercises in Pilates.

And even these sequences have been modified for use by real human bodies. For example, the beginning position on the reformer has us lying on our back with a natural curve in our spine, just like the curve we use to support our bodies in our everyday activities, rather than the "flat back" that was so highly valued in classical ballet.

I am not saying that Red Mountain is only about rehabilitation. It is about safe, effective body work that doesn't hurt. For example, have you ever left a yoga class with pain in your sacrum, or some other ache from someone encouraging you to go farther than you were at the moment? Or perhaps a low-impact aerobics class has left you with your knees all wonky? We still have to find ways to get the cardio part in, but as for the stretching, strengthening and toning--- you need to check out Red Mountain! *(Patrick's Note: Anita attended classes in Philadelphia and that is before we started our SlimBounding® program).*

I have worked with Deborah privately, both on physical and emotional body issues. With her help and suggested exercises, I believe that I was able to avoid bunion surgery, which I had already scheduled, and I hope to avoid indefinitely! In general, I feel that I have learned a great deal about the way I move and use my body, making my movements more efficient, my body more symmetrical, and my muscles more toned and strengthened.

Am I free from pain? No, I am not.

But thanks to Patrick and Deborah, I am learning to live without suffering by applying everything they have taught me in yoga, group and private Pilates equipment classes, workshops, and private sessions. I know how to individualize and modify just about any exercise so that I can get the maximum benefit without causing or increasing pain and injury. Oh yeah, I am also appreciably slimmer and more toned than I was four years ago.

I look forward to visiting Red Mountain in its beautiful new space just as soon as I can. Meanwhile I wish Deb and Patrick's new clients all the best --- a terrific experience with super instructors, in a wonderful new space for exercise and health!

Namasté,

Anita 2008

Namaste Deborah!

Oh my goodness, this email is so overdue! So, you may or may not remember but sometime in November I emailed you and told you I was traveling and looking for a yoga school. You, kind heartedly, emailed me back with tons of information and options, the number one being India and Bihar School of Yoga. I have to admit, I was super scared of India, and almost didn't listen to you, ha. But, then, thankfully, something inside of me spoke up and said, "You really respect Deborah, why wouldn't you listen to her if you asked her advice?" And so, I sort of hesitantly made the decision to come to India in February to do the TTC at Bihar. The absolute best decision of my entire life.

Ever since I emailed you, and made the decision to come to India, my life has flowed in such an amazing and breathtaking way. The difference was like going from standing up in the middle of a river, trying not to move, to suddenly surrendering and peacefully being carried exactly where you are supposed to go. Bihar changed my life so incredibly, as did India. I have found true balance, happiness, peace, and a solid core of love right at the center of my being. I have found such love and reason for life. For all of this, I have so many causes and conditions to thank but, one of the absolute major ones is definitely you. I am coming home in the next 2 weeks and hope to make it up to Bellingham, where I can also come see you and we can discuss more in person. I just wanted to send a long overdue email and update you a little, and thank you from the bottom of my heart for your part in all of this, and for being the radiant light house that you are. Your embodiment of light, love, and truth is what inspired me in the first place to ever learn more about yoga. You will always have a special place in my heart.

Keep spreading light.

Love and Oms,

M. S. 2013

I would like to take this opportunity to pay a special tribute to Patrick Redmond for his outstanding service as both a teacher and a trainer.

I have known Patrick for approximately five years. At the time that Red Mountain opened, I had been very frustrated in searching for a place where the instructors really cared for the students and put forth an extra effort to make sure that the students got the proper training.

During my entire stay at Red Mountain, Patrick has displayed extreme patience and has spent detailed time in dealing with individual student needs. He was explicit. He was repetitive. He made sure that each student followed the correct

procedure. He made certain that the form was correct. He made sure that we completed all of the assigned tasks in the time allotted.

Having been with Patrick and Deborah for the past four plus years has created some tremendous changes in my body. It was reported to me by my gynecologist that my bone density test was the best that I have ever attained. I must attribute this to the DRT training that I received at Red Mountain.

I will forever be grateful for Patrick's disciplined approach to teaching and training. Due to his dedication, I looked forward to all my sessions. My mind and my body have shown the results.

Sincerely, Gwen Sperling 2008

During the two years that I have been in Patrick's DRT class, I have gained strength and improved my posture. Patrick is incredibly kind and patient with my less-than-nimble fingers adjusting the equipment and attentive to any sign of strain from the exercises. As I approach my 75th birthday, with most faculties on the wane, I delight in my body's ability to improve. I look forward to each class and afterwards experience greater confidence and a feeling of well-being.

Thank you Patrick.

Linda London 2008

I have practiced Pilates with two different studios for years. Experiencing Patrick's DRT approach is unique and quite mindful. His classes are small and tailored to each person's strengths and limitations. The mind and body are both highly involved in the classes. I recommend Patrick's classes to anyone, but especially to those who are recovering from illness, injury, surgery, and/or living with chronic pain.

Most sincerely with thanks,

Anara Thomas



Based on my daughter's personal recommendation from her own experience, I began private sessions with Deborah at Red Mountain in Philadelphia. At the time I was suffering from lower back pain, arthritis in the knees, and depression. I began private sessions with Deborah once a week. This slowly progressed into two times a week. Eventually I was able to minimize my private sessions to once a week and attend group sessions with Patrick twice a week. Over the course of three years I have lost 35 pounds, my depression has improved tremendously, and I feel like a new person. Through Deborah's guidance and counseling I now have a deeper understanding of how to care for myself through diet and exercise.

Elsa 2008

To Everyone,

I began working with Deborah about ten years ago. At the time I had fairly significant low back problems and limited flexibility. Deborah worked with me through Yoga and Pilates. She had an uncanny ability to quickly determine whether a given session should be more vigorous, or one that required more gently stretching. While she had each session planned in advance, if my mood or condition warranted a change, she adapted the workout to my needs. The workouts were always interesting and fun, and frequently challenging. The work significantly improved my flexibility and strength, and made a huge difference in the condition of my back.

I didn't realize how really unique and skilled she is until I took classes with other instructors; then the difference became obvious. The honest, integrity, and philosophy Deborah brings to her work is simply wonderful.

Pete Ricchiuti, Esquire 2008

Dear Patrick and Deborah,

Thank you for your wonderful DRT classes! I had been unable to walk for several years when I started DRT. My chiropractor told me I was in danger of losing 100% mobility in my feet because they were so frozen.

Saturday I took my first walk of 2 miles in years with no pain and I know it's because of Red Mountain.

In gratitude,

Kathryn 2015

I started DRT Dynamic Resilience Training after a long period of illness. I was weak and in pain. I took the first class, like I'd taken so many other first classes, hoping that I'd find something that at the very least didn't hurt me anymore than I was already hurting. Within my first class, I knew I'd found the thing that was going to help me heal and give me back the strength I'd known earlier in my life. I didn't know that it would help me know a kind of physical joy I had not known in many years.

The physical vocabulary of DRT and Patrick's insightful, wise, and knowledgeable teaching work to create a safe, powerfully effective, and challenging workout. Deborah's creative and informed choreography make for an endlessly interesting series of classes.

It is not hyperbole to say DRT has been one of the most important, impactful, and life-changing experiences in my recent life. Thank you Patrick and Deborah for your commitment to our health and well-being!

Suzanne Marie Scala 2018

My husband recently told me, "You no longer push me off the sidewalk. I thought you were trying to cash in on my life insurance." Before attending Red Mountain, I walked "sideways" and my husband half-jokingly said I was always pushing him into traffic.

I shared this with my classmates and Patrick. I have not been doing anything different in my life routine except regularly attending my classes twice a week. I approach each session with a positive attitude and I do my best to perform each exercise as correctly as possible. Patrick attributed the positive changes in my gait to the fact that I especially do a great job on my leg ovals and leg circles while stabilizing my pelvis. Works for me.

K. 2007

Thank you both. Although it was short, Red Mountain Wellness offered me the tools ("safety first") to take me a long way to a healthy body. The folks in San Diego are in for a wonderful experience.

Carrie 2018

P.S. I will miss your "R" rated Saturdays. [Patrick's Note: Before leaving Bellingham, I taught some Saturdays and told the group that I would not hold back but rather I would give them my unvarnished critical feedback so they could accelerate their progress in the short time we had left working together in that studio. Hence, "R" rated.]

I had no experience with Pilates when I walked through Patrick and Deborah's studio door. As a matter of fact, I recall not being properly dressed for my consultation because I did not know what to expect. Being a middle-aged teacher who has been educating students for 29 years, I was not only looking for an exercise program to improve my health, but something I could do that was fun and would motivate me to stick with it. Like so many others, I had tried it all.

What I found at Red Mountain was a pristine studio with two knowledgeable, warm, caring, hands-on professionals who genuinely worked to ensure that all their clients reached their fitness goals at every session. After a month, family and friends were asking "What are you doing? You look great." Over time I noticed I had lost that stubborn body fat women complain about, developed significantly more stamina and flexibility, and had better posture and stability. My becoming more aware of the mind-body connection and learning how to "breathe" brought about a calmness in my body that was not there previously which resulted in a positive impact on my chronic hypertension. Needless to say, this pleased my primary care physician.

The classes were great. The clients were friendly. Patrick was an exceptional coach. His patience and persistence in making sure we exercised correctly and safely facilitated the progress of all regardless of their fitness level.

Thank you Patrick and Deborah for all your help and support in my efforts to become the healthiest person I can be. Your future clients are lucky to have you (smile). You will be greatly missed.

Take care.

Blessings.

Sandra Jewett  
Special Educator  
School District of Philadelphia 2008

Love, Love, Love my SlimBouncing and DRT classes at Red Mountain. Deborah's dedication to the development of new routines and Patrick's enthusiasm and commitment to helping his students achieve the best possible results make them a powerful team.

Deidre Kent 2016

I love DRT Dynamic Resilience Training classes! As an athlete, I have a really hard time exercising unless it is a sport, except with these DRT classes. Patrick is a wonderful instructor, with thorough knowledge of the body that speaks to the former massage therapist in me.

I also appreciate the different levels of class available and have taken them all at one point or another. The UC is usually the most fun for me, but the OC and GC are generally more sustainable for this newish mom and fibromyalgia.

Thanks Patrick and Deborah for all the work you do to make these classes amazing.

Teresa

Deborah Redmond is a truly extraordinary wellness professional. I have worked with her over the last ten years during some very large life events including pregnancy and childbirth, selling a business, changing careers, and several big moves. I deeply believe my strength and resiliency for all that life threw at me were greatly enhanced by the work I did with Deborah.

Deborah has, I believe, a very unusually large knowledge of the wellness area and many tools to bring to a given situation. I worked with her in both Yoga and Pilates. Her ability to assess a situation, determine what is the best course of action, and then clearly and precisely explain it is rare. She is very intelligent, thoughtful, resourceful, kind, and patient. I have learned and grown a great deal from her and I would not hesitate in recommending her in whatever capacity she chooses to use her gifts.

Carol Baker 2008

Classes at Red Mountain keep my body feeling healthy and strong. With previous injuries from sports and a physically demanding profession, my classes at Red Mountain are both restorative and preventative for me.

Thank you Patrick and Deborah for your passion and dedication to your work and the mind/body results we as your students receive from you.

Molly Klein 2017

To be honest, the offering of the free assessment was the selling point for me to try this studio over the others. As a dental hygienist, I was impressed as a professional that they would offer their time for free to evaluate if DRT Dynamic Resilience Training would be a match for me. I made my appointment for a Thursday night but that morning my husband had a heart attack. Should I cancel? Since my husband was stable, I told myself how appropriate it would be that I keep my date and uplift my body status to top priority.

This has been such an awesome journey for me, everything everyone says about this studio is spot on for me too. I just want to add that I have never been good at participating in regimented physical activity and I was very out of shape, I've been bored my whole life with everything I've ever tried, even walking, but no this class. Since I've started I have told my husband I feel like a 4<sup>th</sup> grader that comes home to tell her dad just how much she loves her teacher.

The most difficult problem I have working with Patrick is that he makes me laugh every class (he makes us all laugh) and it's hard to use proper breathing techniques when you're laughing. Patrick and Deborah, you two are a major blessing in my life! Thank you for letting me join your wellness team. There are so many great students in your classes and I enjoy seeing their grace and vitality, but I am your biggest fan!!!

Karin Maya 2016

I think this has filled a missing link on other exercise routines I've done and has fulfilled efforts to improve strength and stability in ALL muscle groups, big and small. The pace and changing routines have kept up the challenge and rewards,

This is a carefully constructed and well executed program to learn and round out general fitness.

Gail Gibb Knops 2016

Approximately four years ago, I was in an exercise void, finding no enjoyment in my routine at the gym. I happened upon Red Mountain and found contentment. The studio met all my expectations and more. Great schedules and affordable classes but mostly great instruction. Always caring and patient with concise explanations to maximize the experience and potential of the class. Your next city will inherit a thoughtful studio with talented owners.

Best of Luck!!

Lucy Salvucci 2008

Dear Patrick and Deborah,

I am so thankful that God brought you to Bellingham and I got to share in your life. You have taught me to believe that my body can do more and last longer and give more than I believed. The studio has been an anchor in the chaos of my life. You have equipped me to move forever. I wish you all the very best in San Diego and will always be thankful for you and the tremendous impact you have had on my life.

Love,

Michele 2018

P.S. I will continue to "Relax My Shoulders", work on my "Teeny Tiny Tushy", and keep my "Head High, Shoulders Low, and Neck Long". I know your voice of gentle reminders will pop into my daily life.

Patrick and Deborah,

Thank you both for playing an instrumental role in my health and wellness. May you be safe ("safety first") as you journey south. Cheers, to new beginnings!

Kind regards,

Deidre 2018

*Patrick,*

*I continue to be deeply appreciative of the energy, thought, and planning that you and Deborah devote to your work. During Thanksgiving, I had the opportunity to hike and snowshoe in the Rockies above 9000 feet in deep snow—keeping up with everyone and having no residual aches and pains. Without your classes, I may have been tempted to stay back in a warm house reading a book or been confined to bed rest the next day.*

*So again, thank you!!*

*Joan A 2010*

Hi Patrick,

It's my 53<sup>rd</sup> birthday today and I must say, I feel so much stronger than I did 2+ years ago. I completed 2 years in your studio this winter. Your classes have increased my strength and flexibility by leaps and bounds. My pain symptoms are so minimal now - where previously they were daily. So among the many things I am grateful for today - family, friends, home, job - I am grateful you and Deborah moved to Bellingham and set up shop. Thank you for being a wonderful teacher and thank Deborah for being a wonderful exercise program designer (better term, I'm sure, but it gets at it!).

Happy Friday!

Mary P 2012

Dear Patrick,

I've been meaning to write you as I don't have the opportunity to talk to you at class. As a teacher, I totally get why.

When I first began Pilates with you, I had pain in both hips. It was so severe, I was sure I would be having hip replacement down the road in not too very long. I was taking Ibuprofen almost every day and if I had to go to the bathroom in the middle of the night, I would basically hobble there and back. I have been active all my life in many ways. I have taken tons of classes: aerobics, step, water fitness, running, walking, etc. So to be hobbling was very debilitating for me.

The other morning I was lying in bed, just waking up. I realized that, for I don't know how long, I was pain free. It's an interesting thing with wellness...it, at least for me, goes unnoticed. It's pain that gets my attention. So it takes me a bit longer to register that I'm pain free. I don't think I can really describe how I felt when I realized it. I really believed I would need bilateral hip replacement quite soon.

I think this is my third round of 6 weeks that I am beginning with you and I am so grateful. I want you to know that. I don't fully understand all that we do but I do know that it is saving me. Not just physically either. The best way I can describe Pilates is it's like getting a massage from the inside out.

So thank you. I hope you know how much your work is appreciated.

Warmly,

Ann 2013

Patrick and Deborah,

I wanted to take a minute to express my gratitude for the great experience I had at Red Mountain.

The individual attention and feedback over the last 6 years or so helped me maximize my workouts and supported me while my feet were healing. I never once wanted to move to a different studio.

But, change can be good! Congrats to the both of you and best wishes in sunny So Cal. I know you'll be successful.

Fondly,

Lori R            2018

I used to wake up everyday with severe back pain feeling worse in the morning than the day before. I also had severe pelvic instability and horrible posture. I've been attending DRT Dynamic Resilience Training going on four years now and it has completely changed my life. I no longer have any pain and feel great everyday due to the changes these classes have made to my body and overall health. After class, I feel energized and ready to take on the day! Thank you Patrick and Deborah for your thoughtful instruction and innovation.

Becca C. H.      2016

DRT changed my life. I was living with daily back pain and visiting a chiropractor once a week, now I go once every six months. Patrick and Deborah are the best. I had tried larger group classes and never felt like I was doing the exercises properly. But Red Mountain's classes never have more than 6 people so I always feel like anything I might be getting wrong gets corrected right away. Patrick is also an amazing communicator and is also very good at adapting exercises for each person. I feel very comfortable recommending DRT to my older friends.

Heather S.      2016



First and foremost, you will never be asked to do anything that will harm you. I love that Patrick and Deborah make our safety and well-being their top priority. Second, we get a new routine every 6 weeks. This provides constant mental and physical challenges and it keeps it interesting. Finally, my body feels great. My back never hurts, my posture has improved, my arthritic knees are improving, my cholesterol is down, and my blood pressure is down. You can't ask for more than that.

Bonus: Patrick makes good use of every minute you are with him. You get a better workout in 45 minutes with him than in an hour just about everywhere else.

Valerie H. L.                      2014

I am a DRT Dynamic Resilience Training student at Red Mountain. This studio was exactly what I was looking for. Patrick's instruction is very clear and deliberate. He understands body mechanics, and shares that knowledge with his students. I look forward to the classes. We're always amazed at how quickly the time goes. I love knowing that I am improving my strength and toning my body without the unnecessary stress that we risk with so many other forms of exercise. I'm so glad I discovered Red Mountain, and I recommend it without reservation. We're fortunate to have a studio of this caliber in Bellingham.

Shelley W                      2016

Dear Patrick

I just wanted to let you know that I've lost 8 pounds since I started coming in September. Maybe that wouldn't seem like a big deal, but I've been trying to lose weight for FIVE YEARS and couldn't budge it because I couldn't exercise with plantar fasciitis, arthritis, and bone spurs in both of my feet.

Pilates has given me a new lease on life! Now my feet are much better and I'm getting my strength back.

See you next week,  
In gratitude,

Kathryn H                      2014

*I am so impressed by the variety, creativity, and balance of the exercises I've learned at DRT Dynamic Resilience Training. I consider these exercises to be an investment in my health, and as I age, I'm convinced that these exercises are key to aging gracefully. My back has never felt better!*

*Lee F      2016*

Patrick,

I missed class yesterday and it makes me feel like a flake. I wish I could just say, oh who cares, you pay for class Julie, don't worry about it, but I am not that way. I just think that it's important to keep agreements enough to express this.

Everyone has the stresses of living and in the past few months, mine are at fever pitch and so I need to follow what is happening and trust my gut when it comes to making decisions about making it to my extremely important DRT Dynamic Resilience Training class.

Equally important is how much this class, in these few short weeks, has changed the pain in my back. After more than 7 years of almost daily pain, it has let up almost completely. It has allowed me to begin to apply for jobs again, in fact I just received a call to interview for a position this afternoon.

I believe in the flow of life and the excitement of stepping back into it.

Thanks!

Julie H      2016

Red Mountain's DRT is the only fitness/exercise program I have ever stayed with long term (2 years +?). Patrick is extremely dedicated, professional, informative, and fun. Deborah designs programs that are always evolving and challenging in a safe, effective way. I highly recommend looking into Red Mountain's DRT if you want an effective, safe, and enjoyable way to get and maintain fitness and flexibility.

Andrew      2016

So fortunate were we to receive 2 solid years of 3 times per week DRT Training with Patrick!

In our 60s, we have a definite need to keep flexible and balanced. The "no pain no gain" does not apply to us or Patrick's training. Yet never once did we leave a session without feeling more flexible, more balanced, and more well than we went in.

Patrick's training allows you to become naturally more aware of how you carry yourself and your every breath.

During our 2 years, we suffered (outside the studio) broken bones, shoulder injuries, and falls off a horse and on the ice. We were amazed at how we did not suffer the full effects of such events and how quickly we recovered and bounced back through regular sessions.

These gifts are there for any regular student. I hope each one will "savor the gifts of this hour" as we did. That quote was painted on a neighboring building outside Patrick's facility.

DuWayne and Deb Palmblad 2018

Patrick and Deborah,

Today I went to the first of 4 physical therapy appointments prescribed by my orthopedic surgeon to assess my fitness level and teach me exercises to increase my strength and flexibility in preparation for knee replacement surgery. The physical therapist pronounced me strong and flexible enough to have knee replacement surgery now and she canceled the other 3 appointments! This is certainly due to my attending DRT classes 2 to 3 times a week at Red Mountain!

Thank you Patrick and Deborah!

Pat R 2016

Pat R. referred me to Red Mountain and DRT. I had just finished 24 weekly physical therapy sessions to try and correct long term deficits.

Historical context: 15 years ago I couldn't walk without holding a cane in front of me, leveraging myself along and in continual severe pain. This lasted 2 years when I finally obtained health insurance. Over 18 weeks I had 2 hip replacements and a lower back fusion. At that time I asked about Physical Therapy and the doctor told me I wouldn't need it. I gained some strength but couldn't walk any distance and retained a curved over posture. About 5 years ago my left arch collapsed and a ligament tore while wearing prescribed orthotics. I approached DRT as an extension of rehabilitative therapy, which it was until 5-6 weeks ago when I realized I had progressed to fitness.

Deborah's challenging choreography and Patrick's execution of it are exemplary, as most students have attested to. Are you aware of how transformative the EXPERIENCE is? Some of us are mature (older) women, a few of us are elderly, now living in a culture that devalues, looks past us, with which we are no longer automatically and unconsciously in synch, thank god, but still at a loss. How Patrick directs and guides me leaves me feeling empowered, valued, seen. This is a highly unusual skill/gift for which I'm incredibly grateful. I wish Deborah and Patrick the absolute best in their move to San Diego. They deserve it.

Tamar 2018

Hi Patrick.

I just wanted to let you know how much I have enjoyed and truly benefitted from your DRT classes over the past 2 ½ years. I have not only gained core strength, flexibility, fat loss, stamina both mental and physical. I have more confidence in my physical abilities which is something I lacked in the past. My recent knee surgery was a total success due to the strength training you provided. There is so much more you have done to help me over these few years and I want you to know how much I appreciate it.

Chris C 2016

I really enjoyed Patrick's clear and structured style. The class length was perfect for my schedule and my attention span, so I always felt engaged and ready to learn! After a year of attending classes twice a week, I feel much stronger and have less pain and problems in my neck and back. I truly appreciate the benefits every day!

Katie O 2014

Patrick,

So thankful for Deborah's creativity, well balanced classes, and both of your knowledge. Your enthusiasm and cueing is amazing. DRT really balances out my busy life and helps my body that I've over-used over the years. Thanks guys!

Denise A 2018

This studio is completely different from anything at the typical gym. DRT Dynamic Resilience Training Classes are maximum 6 people, and there's no music, just Patrick carefully explaining each exercise and monitoring your movement, as good as a personal trainer.

I love the detailed attention to all muscle groups in these classes, the body vocabulary, and the constantly changing and evolving routines to keep everything working and strengthening together. You don't do endless crunches like gym classes, and any leg lifts have springs attached, making them completely different and more challenging. The equipment helps me focus on core stability in conjunction with strength exercise.

I've been attending for over a year and highly recommend to anyone who wants to really learn how to strengthen and tone their body.

Janell Y. S.      2016

Thank you hugely for the help you've given me. I don't think I'm exaggerating to say your classes have changed my life and certainly the way I think of my body and future health. I have hope for the first time in several years that I'm not just getting old but can actually recover my strength and flexibility. Thank you, thank you for everything! Best of everything to you both.

Marie Raney      2016

As Thanksgiving approaches I wanted to thank you for all your good teaching and tell you a couple of things that I have noticed. (1) The trail that I hike up daily is full of jutting rocks and roots and I used to trip on them quite often. I could usually recover my balance but sometimes not (which a broken finger can attest). Now I seem to never trip on them. Maybe my strengthening muscles keep my feet higher off the ground? (2) Said trail is also quite steep, gaining 1,000 ft in a relatively short distance. Since I got both my knees replaced 15 years ago, I have been protective of them. I used to come down any steep trail at a very slow pace so as not to slam my foot into the ground and stress my knee. However I have recently noticed that my foot no longer hits the ground hard because my core and other muscles are allowing it to come down gently. So I can come down the hill at whatever pace I want.

Thanks, Patrick, for helping me be stronger and safer.

Mary Kay      2017

*Down 7 lbs from the 10 lbs I gained in 2018. Also off my antidepressants I've been on since I was 29. Steve says he has more energy and I couldn't agree more. Thank you so much for leading the way.*

I just want to give you a heads-up: Pilates of Bellingham has a 3-times-per-week opening for me starting in September, so I will finish out my scheduled August classes with you and transfer there starting September. I have participated in a couple of their reformer classes (cancellations that they had) and think they will be an okay fit. All the movements and positions are familiar to me from your teaching and, thank god, they believe in a neutral spine!! Much of the richness and complexity of what you teach is missing, but I expected that. I don't think there is anything out there is that is close to what you and Deborah have created. I am so happy for you that you are realizing your dream of living in the San Diego area and teaching your beautiful DRT system. I will miss your classes terribly and be forever grateful for the gift you have given me of discovering and strengthening my body and body/mind awareness. I turn 75 next week and have never felt more present in my body.

Mary Kay 2018

I started at Red Mountain Pilates a year ago. Patrick offered 6 free classes which I thought was very generous. I was very impressed with Patrick's teaching. He's very precise, attentive, knowledgeable of the body and how it works, and also has a great personality. I had done Crossfit for three years and injured my joints. It also built my muscles but they were short and large. Not a great look for a woman! After working with Patrick my body started changing, my muscles started looking longer and leaner. I really enjoyed taking his classes and seeing results. I'm 62 years old so it's nice to know someone like Patrick who can reshape my body at my age. I have always exercised my whole life and this is the best results I've ever had. I'm very grateful for my time with Patrick and will miss my favorite way to workout now, but I wish he and Deborah all the best in California! Give Patrick a try, you won't be disappointed, he's awesome!!

Bridget Hull 2018

As I age, I realize it takes significant effort to stay injury-free so I can continue to enjoy my active lifestyle. Patrick's DRT classes were perfect for me. His teaching style made me acutely aware of my body's mechanics. Each session creatively involves the whole body, brain included.

My feet are now healthy (no more plantar fasciitis!); my back is strong and pain-free and my balance is better. According to my granddaughter: "you are not old like G.G.(other grandma) even though you are the same number".

I highly recommend this class for anyone who wants to develop a good working relationship with their aging body!

Elsa 2018

You will be missed! I took a Pilates class the other day and the instructor was impressed by how well trained I am, and informed me they don't focus on such details and breathing. You are Irreplaceable. I'm excited for your new adventure though! Change is fun. Good luck to you both :-)

Thanks. It has truly been a pleasure working with you!

2018

That all makes my heart happy! I am so glad you are able to be one block from the ocean. That will make you not even miss the Northshore trail☺. What a drastic change from Sudden Valley. It will be great to have more light and more heat! So thankful that all the pieces are falling into place for you both. I hope that you are able to get set up and into a routine by the first of the year. I am missing you and know that I will never find another you but the cool part is that you have been so thorough and detailed that much of what I have learned from you is in my head. I am so thankful for the years I had with you and know Oceanside is blessed to be getting you🙏 2018

I heard you were moving to California—if this is true I am sorry for myself as I thought your classes were helpful and you are a caring and thoughtful teacher. Your equipment is beautiful. So I just wanted to let you know how much you will be missed. I was going to join again to help me get through the dark rainy grey season!

Best wishes to you and your wife, Patrick!

Maren

Patrick is a remarkable instructor. His wife Deborah choreographs the routines and he consistently implements them, talking us through each step. I have been seeing him for about three years, and find him to be very professional while being pleasant with a delightful sense of humor. It will be hard to find his equal. Claire 2018