

Satisfied Customers

“Ek het in Januarie 2018 vir Venessa ontmoet en haar gevra om my te help om my swangerskap-gewig te verloor. Sy het stadig met my begin omdat my lyf glad nie meer aan beweging gewoond was nie, en stelselmatig het sy die oefeninge aangepas totdat ek gemaklik was met meer intense oefeninge. Ek het ook gesukkel met nageboorte-depressie, en Venessa het my nie net met oefening gehelp nie, maar ook op die dae wat ek sleg gevoel het, was sy daar om te luister. Sy het ook asemhalingsoefeninge met my gedoen, wat my gehelp het om kalm te bly en om beter met die nageboorte-depressie te cope. Sy was later nie net 'n 'trainer' nie, maar 'n vriendin. Ek het so goed begin voel en lekker gewig afgeskud. Ek was nog nooit spyt dat sy deel van my lewe geword het nie, sy was goed vir my fisiese en emosionele gesondheid. Ek kan haar beslis vir enigiemand aanbeveel. Sy is so 'n goeie mens! Dankie, Venessa, vir alles wat jy vir my beteken het! Jy is awesome!!!“

– **René**

“I really struggled with a low quality of life due to lower back problems. Venessa and Shanaya, through various different techniques, including yoga and specialized exercises, helped make my life a lot more comfortable!“

– **Dietmar**

“Venessa is a born teacher and trainer. She is full of energy, and she makes you feel like her best friend from the moment you meet her. Venessa teaches with passion. If you train with Venessa, know that her passion will rub off on you. She helps me achieve my goals while having fun. When I'm down, Venessa picks me up. When I'm excited, Venessa celebrates with me.“

– **Kenton**

“For the past 7 months or so, Shanaya has helped me tremendously with all my sports injuries. From lower back problems to a stiff neck, you name it, and she has the magic hands to fix any problem or spasm. In the last 5 years of my career, I have never met someone so caring when it comes to their clients and their needs. I would honestly recommend her to anyone and everyone.“

– **John**

“I was diagnosed with black disc disease in my lower spinal vertebra. For years I tried many pain medications, almost everything except an operation. I was referred to Venessa, and from our first appointment, her warm presence made me feel comfortable trying new exercises to reduce my lower back pain. I have noticed a tremendous change in my body composition and strength, becoming more aware of my body movements to protect my lower spine. Making that appointment was one of the best decisions I made in 2020!”

– Lisinda

“First of all, I would like to thank them for their wonderful service and Shanaya, who is always happy and enthusiastic to help with dance lessons. She is a great teacher.”

– Darius

“My daughter Alexia has started Razmatazz classes with Shanaya. She loves the energy and the story Shanaya weaves into the class. Shanaya has such a fabulous ability with little ones! We love her classes.”

– Bernice

“Venessa, as a T5 spinal cord-injured paraplegic, jy weet presies hoe om my liggaamspyne en spasmas aan te spreek. Jy dink altyd buite die boks. Shanaya, ek het nooit gedink dat ek ooit weer sou kon dans na my besering nie. Julle passie en sprankelende persoonlikhede inspireer my daaglik. Ek is baie lief vir julle. Baie dankie vir alles.”

– Annemari

“Liewe Venessa en Shanaya, dit is vir my moeilik om my dankbaarheid teenoor julle in woorde uit te druk. Julle verryk my lewe op soveel verskillende vlakke. Julle gee nooit op nie en dink altyd aan maniere om my bekommernisse en versoeke op kreatiewe maniere aan te spreek. Niks is ooit te groot of onoorbrugbaar in julle oë nie.”

– Ann