

Personal Body Maintenance Testimonials

“Thank you so much for your time and attention. The information was solid and told in an engaging and personable way. People at the seminar loved you. You connected both head and heart. I so appreciate your generosity, kindness, and knowledge.”- K. McCullough

“Great class for the therapist with amazing information” J. Flannigan

“I enjoyed her many styles of teaching. This class was absolutely beneficial”- K. Barrett

“Wonderful class; please come back to Florida!”- B. Goldstein

“This was so on time for me. Thank you so much. I feel refreshed, renewed, and ready to continue my career with a newfound excitement.” M. Mueller

“Great information. I will take any class she offers.”- H. Haley

“Thank you Karina! Your yoga inspired body mechanics techniques combined with your wrist-saving t spheres will add years to my practice.”- C. Kuszik

“Karina, you are a joy! Great class with great energy! Nice to review some basics; I learned so much! I learned that lines of energy are so important, being injured is ok, and I never thought of myself as an athlete. Please come back and teach more t spheres. These classes will help us all.” J. Jones

“Loved the yoga. I will start going to a yoga class.”R. Nichols

“The universe put me right where I needed to be. Super informative class.” S. Powers

“Very engaging new insights on how we should take care of ourselves.”-J. Pace