



# Testimonials

Long Life Movement with Lisa Long

Dear Lisa,

I can't thank you enough for all the knowledge and help that you have given me. I remember not very long ago when I came to your studio with a frozen shoulder and back spasms. It was extremely painful. I was hoping just to get the pain under control.

You have taught me specific exercises to relieve the pain and gain strength and movement. Each week you were totally prepared with lessons to meet my specific needs. You have taught me what to do and why to do it. I am happy to report that I am off the pain medications and gaining more mobility.

Your background and training make you a truly gifted teacher. One who is always professional, prepared, and cheerful. You have a passion for your work and that makes you an inspiration for anyone you teach.

I think of your classes as lessons because each week I have learned something important from you. I always leave better than when I walked in - mentally and physically.

Thank you for giving me my life back. I am feeling better than I have in years.

Fondly,  
*Julie Cissel*

Hi Lisa,

It's not every time, but most times, when I'm on the beach walkway stretching my legs before a run that I remember a time not so long ago that I had given up on beach running due to my continual hip joint pain. And connected with that memory is the one on how the Pilates exercises you worked with me on provided me the therapy I needed to regain the ability to run without that pain. This note of thanks is very late; I've written it mentally while running the beach dozens of times over the last year or so.

*a male student*

*“Thank you  
for giving me  
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I have been a student of Lisa Long since 2008, and ***she inspires me with her passion, clear instruction and with her life lived “on purpose.”*** I am constantly reminded of how precious this life is in each one of her classes in the opening and closing meditation, and I love her focus on alignment and ease of movement. She is ***always prepared to deliver a well-organized class and draws a really diverse group of students who are hungry to learn from her teaching.*** I am amazed at her following and the student diversity, which is a real blessing to anyone who attends. She is a consummate student of yoga even after all these years of teaching and inspires all of us to live our yoga.

*Brigette N.*

When I moved to Jacksonville, my first quest was to find a replacement for my personal “stretch and alignment” trainer. I was very fortunate to find Lisa who was the perfect person for my needs. With Lisa’s injury and special conditions training and background, I can see a physical change in my body and my chronic knee pain has diminished. She has an amazing way of helping you visualize what is happening inside your body and loves the challenge of “misalignment!” She is my body guru.

*Nadine Rubin*

My husband and I have been practicing with Lisa since 2006. We have both experienced amazing transformations as a result of her instruction. She is an exemplary teacher with a particular talent for identifying and addressing each individual’s strengths and weaknesses. A dedicated life-long learner, with an ever expanding wealth of knowledge, Lisa is cautious and conscientious while motivating and challenging. She is particularly tuned into helping her clients safely improve their physical well being, and has great warmth, patience and humor.

*Andrea Young*

I wanted to send you a quick thank you for your help in the AFAA Pilates Teacher Training. I think you have opened up a whole other door for me in the fitness world. I found your Pilates class to be so interesting. It also meant so much to find out what was happening to my knee and how to help it. It seems to be a common issue to have sore knees. The advice you gave us in class and told me specifically has already improved my knee just since Sunday. I have been just amazed. I am planning on getting more books and trying learn more about Pilates and our body. Thank you for protecting my knee before I blew it out, too. I will also be checking your website regularly for blogs.

Your Zumba friend and pupil from Georgia,  
*J.V.*

***“She has an amazing way of helping you visualize what is happening inside your body....”***

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A short story about me: I had (note: *had*) chronic foot pain for years (8+). I lived with it. I guess I thought it was normal to hurt. For many of us pain seems to be normal. I thought ibuprofen was vitamin I. Okay! I did mention my foot pain to my doctor years ago and had a foot x-ray. It showed some arthritis which gave me more reason to just “live with the pain.”

I am a dance enthusiast. Yes, I dance at least 3 nights a week and often go away for full day/weekend/week long dance sessions. I limp out of dances and had noticed that I was the only one really limping. The pain didn't stop me from dancing. I couldn't stop dancing.

So, I mentioned my foot pain, again, to my doctor and, again, was recommended a foot

x-ray but this time my Mayo physician said, “I've got a new option for you BEFORE you can even think about a referral to a surgeon.” Was that an option?? Well, I guess it could have been. My physician said, “I would really like you to try Happy Feet Workshop.” I did think, “Okay. Why not? As crazy as it seems to have my physician recommending this??”

Well, I wasn't pain free overnight, and I did end up with 3+ private sessions with Lisa. I have been mostly faithful to the exercises which I don't entirely like or enjoy. But no pain for me. I won't limp around any more. Okay, I do get foot pain, but I know what

to do to work through it and relieve it. And, I can actually wear heels again (if I am so crazy). I really have been amazed how effective this work has been for me.

*Meredith*

*I really have  
been amazed  
at how effective  
this work has  
been for me.*

I just have to send you extra thanks for today's session. I **feel a level of structural balance** that I think (feel) I haven't experienced in probably a long time.

Your Pilates knowledge and awareness have my admiration and you have my gratitude. Looking forward to more.

*a male student*

I want to thank you for helping me realize in this morning's class that **what truly brings me the most joy is bringing joy to others**. That realization was a highly emotional experience for me. I now recognize **how blessed I am in my own life**. From my revelation this morning, I know my calling is a privilege.

*Diana*

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I've had the incredible good fortune to work with Lisa Long in one-on-one and group sessions. During this time, I've had both back and knee injuries. Lisa draws on vast knowledge of Yoga, Pilates, and how the body works to customize our individual sessions to best address my needs. She is also passionate about teaching and the opportunity to help improve the well-being of her clients. She is firm but gentle in her encouragement of me doing the movements correctly and has a terrific sense of humor. Our sessions are always characterized by a great balance of very focused work, laughter and peaceful reflection.

To have Lisa as a teacher has been one of the greatest gifts I've received for achieving better physical and spiritual balance in my life.

*Pam Paul*

Dear Lisa,

Thank you for your wonderful instruction and caring way of teaching. When I started, I was 18 months post-op for an achilles tendon tear, plus shoulder and neck issues from two car accidents, as well as degeneration of C 4-6. I have taken your group mat, group Pilates, Yoga classes and private classes.

Lisa, when I am in another teacher's class, I hear your voice! The improvement of mind body awareness is an exciting plus from your classes.

I want to encourage others to get started on their path of improving their posture and feeling healthy.

Thank you Lisa!!!

*Pamela*

I've thoroughly enjoyed your classes. You've got an easy, engaging style and I appreciate all of your efforts to help make us more healthy and happy people.

*Josephine Jackson*

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”

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I am, Donna Perry, age 50, Healthy until I was diagnosed in September 2007 with Cervical Dystonia, Occipital Neuralgia with combined systems disease by a neurologist.

When I was diagnosed with my disease, I made a decision to take a positive approach for every path my journey would take me to beat this disease and be pain-free. So I decided to keep a journal and log what was working for me.

In the fall of 2008, my neurologist recommended that I could have positive benefits if I would do Yoga. He told me, "Yoga was to be considered therapeutic and there was substantial research that was conducted to look at the Health Benefits of Yoga from the Yoga Postures (Asanas), Yoga Breathing (Pranayama), and Meditation."

If I could get relief from my pain naturally verses taking the Botox Type A injections every 4 months without the side effects, I was all for that. I would be able to stabilize my nervous system, improve my sleep cycles, decrease PAIN, improve my energy levels, improve my posture, improve my memory and concentration, and improve my moods and well-being.

So my husband (God Bless him) went on the internet and found a Yoga class for me to attend. I went to the Yoga class and found that I could not do the postures. My upper body strength could not support the weight. I was discouraged. Not to despair, my husband went back to the internet and found another Yoga class that specialized in injuries and special conditions. He called and spoke to one of the instructors who had suffered

from a disease or injury herself. I spoke with that instructor and she felt that I would benefit greatly by contacting Lisa Long, E-RYT 500. This is where my journey led me to Lisa Long.

My work schedule did not permit me to be committed to a group class between a specified timeframe. So Lisa recommended 6 private lessons with her. I was thrilled to have the opportunity to have the one on one session that also worked with my work schedule that involved traveling out of town 90% of the time.

Lisa Long is very knowledgeable in her field. She takes things slow and she is very easy to work with and to learn from. These sessions were specialized to meet my individual needs. She was able to target the muscles groups that were causing so much pain. She showed me various ways to move that would allow me to regain full range of motion without the pain. Every student should be dedicated to their homework assignments that Lisa will assign. Her encouragement, her strength and her knowledge will help anyone who signs up for her classes.

If my pain is a GIFT, it certainly pushed me through the doors of pain so that I may enjoy the GIFT of peace.

I enjoy my gift of peace daily.

Thank you Lisa.

All my Best,  
Donna Perry

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Lisa is knowledgeable, insightful and caring. Those are wonderful qualities for anyone to possess and Lisa has an abundance of all of them. She makes her classes informative, productive and enjoyable. She assists participants in achieving their personal goals.

My own goals are varied and often overlap. Sometimes the emphasis is working through (or with) a physical problem. Sometimes the emphasis is improving my form. Sometimes I just want to enjoy myself, so we laugh together. I always come away feeling as though my time was very well spent.

*Jean B. Martin*

I have been practicing Pilates with Lisa since 2005. When I started I did not know what to expect or if Pilates was right for me. I was never discouraged. Thanks to Lisa's guidance and knowledge, I was able to master the exercises. I have seen how much my posture has improved. I feel stronger and my lower back pain has almost disappeared. I have a different appreciation of my own body and its capabilities.

In her private sessions with me, Lisa offers both Yoga and Pilates. I find this combination very beneficial. Not only do you get to know more about your body, but also you are more in touch with yourself. At the end of my session, I feel physically and spiritually invigorated.

Thanks, Lisa!

*Mayra Gonzalez*

**Lisa has been my instructor for years and what she is offering is wonderful.**

**Lisa is probably the best trained fitness person I know and also a gifted teacher.**

Victoria Bennett

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