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ö-Sel Nyima
Clearlight Bodymind Awareness

7th April 2016

Dear ö-Sel,

I owe you an enormous thank you so I thought I'd write it in a testimonial.

Over the last few months, I have been worrying about a pain I'd been getting in my hands. My mum has terrible RSI from years as a secretary and I had always thought I'd inevitably get it too, from spending hours on end at my laptop.

Within seconds of mentioning this to you, you identified it as a problem with my shoulders. I was also having pain there but never really thought about it.

I gleefully booked a session with you, as I find time with you is so relaxing anyway, without any treatment!

After one session, I no longer have RSI worries and haven't felt so much as a twinge since. A second session (along with my other half) and you taught us some simple exercises that we can easily incorporate into our day, to strengthen and help with overall movement. It really is life-changing stuff.

I now look forward to hearing my friends and family complain about various ailments, safe in the knowledge you can help in no time.

Thank you again.

Yours sincerely,

Hazel Napier