



David Mathews · Bath

I have recently completed a ten session programme of Structural integration with Jay Ruddock. This follows a period of a couple of years in which I had followed Jay's guidance on my fitness and health generally.

I feel more at ease with myself physically. What aches, twinges and stiffness I had in joints and muscles are gone. I am more conscious of how to relax and move. It is a long time since I have felt as well as this physically.

Ive noticed that people as they get older, tend to accept physical degeneration too readily. Structural Integration with jay successfully changes that attitude.