

Tempris Daniels: My pain on some days was like a nine, possibly even a 10. My name is Tempris Daniels. I am located in Chicago, Illinois. I do yoga and I was having some back pain that was not going away. A lot of other instructors and folks I do yoga with go to Balanced Flow. And so, they told me about it and so I'm like let me go. I came in and that's when they did an assessment on me to see what we could work on for the next few weeks. And then we just figured out a plan for me to come in. I would say the fact that they were able to help me with yoga specific things to make sure I'm doing it right, it's probably that like driving force. A lot of exercise to open up my chest, a lot of core work.

Tempris Daniels: And then I would say my last few sessions, a lot of squats with heavier weights versus before it was just squats with no weights. You kind of get into your groove of the folks that you are working with. But whether I was working with someone on Monday and then someone else on Wednesday, it was equally amazing experiences. When I came into Balanced Flow, my pain was like nine and now I have no pain. Like I'm a zero. I feel great. I've done physical therapy before. And so, this was like very different in a great way. They just listened. It was like, how's your body feeling? What are the things you need? But also pushing you, which I think is essential. It definitely exceeded my expectations, which is awesome.