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TO WHOM IT MAY CONCERN

Meeting Chris Toal and using Bodywall has changed my life in many ways. It took me from being a musician, to becoming an athlete.

Before Bodywall, I knew I could rely 100% on my voice whatever happened, but now I know I can rely 100% on my body as a whole. I have taken my singing beyond my vocal chords to using my whole body as my instrument. I have come to understand and become more aware of what my body needs and does when I sing.

To sing opera, a singer must have control of her breath, and now I always have colleagues comment on how incredible my breath control is. Training on the Bodywall is addictive. As someone who didn't work out regularly, I feel so wonderful afterwards that I always want that feel-good feeling again. It is also great how you can target certain areas of your body right down to a little muscle, so that every workout can be totally different.

I am a petite short person, but after training on Bodywall I feel tall and strong and like I can take on the world.

Best wishes,

Paloma Bruce

Dame Malvina Major Emerging Artist award NBR NZ Opera 2005
Scholarship winner 2007 AMP.
Graduate 1st class honours Victoria University Bachelor of Music.
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