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Jackie has worked as a Personal Trainer for over 10yrs which lead her to teach Pilates in 2001. She has a strong background in dance (Tap, Jazz and Latin) and has practiced yoga for many years and until the Christchurch Earthquake in 2011 all was well with her. Then something changed in her body.

She noticed signs of chronic stress surfacing and struggled to recover to the normal day to day living. She was also aware that her Pilates clients were experiencing the same and knew that she was not alone. She noticed many were experiencing fatigue, insomnia, stress and helplessness and their bodies started to hurt and old injuries resurfaced.

Jackie was very fortunate to find out about TRE and knew this was just what her body needed. She bought David's book, practiced the exercises and was so enthusiastic about her recovery she decided that this body process could help Christchurch people recover from the aftermath of three large earthquakes within the passed year.

She enrolled in two training courses and met David in person and said his compassionate, calm, accepting and loving nature was enough to convince her that this man had found a unique tool to release stress and tension from the body at a very deep level.

She fell in love with the fact that this self-help process empowers you to take control of your own healing and help others at the same time. Her gratitude towards David for his wisdom runs deep.