

## Patrick Redmond, Co-Founder of SlimBounding®

Deborah began personally exercising on rebounders quite a number of years ago. In 2009, she created our first SlimBounding® sequences. At the time, I was regularly performing cardiovascular exercise on an Elliptical Trainer (Bellingham WA was a bit dreary, cold, and rainy for me so I often performed my cardio inside the studio).

Fortunately, that elliptical broke down more than once. As a result, I decided to try out Deborah's latest creation and switch over to SlimBounding® for my cardio. I got hooked right away and I have never looked back.

In 2012 I started teaching SlimBounding classes and taught between 6 to 12 classes per week to from 1 to 5 clients at a time. From 2012 through 2018, I taught over 2,000 SlimBounding® classes in Bellingham.

By 2018, Deborah and I co-produced and published 28 SlimBounding® Videos including 9 Instructor Training + 9 Performance Classes + 2 Essential Embodiments + 8 Complementary. You can find these videos at [www.over40fitnesstv.org](http://www.over40fitnesstv.org).

Finally, in November 2018, Deborah and I moved to San Diego County and now have a beautiful studio in Oceanside. I love teaching SlimBounding® and plan on doing so here in Oceanside for a long time. Come check out a class!

### **Patrick's Highlights**

- ❖ 1986 Summa Cum Laude Graduate of The Pennsylvania State University with a B.S. in Business Management
- ❖ 1987 to 2002 Commercial Insurance Underwriting Career in PA, NY, and CA
- ❖ Met And Married Deborah In SF And Still Going Strong!
- ❖ 1999 Began Teaching Yoga (Certified Yoga Teacher – Sivananda Lineage)
- ❖ Student Of Baba Hari Dass Since 2001

- ❖ 2003 to 2007 Four-Year Apprenticeship in DRT Dynamic Resilience Training®
- ❖ 2004 Certified DRT Dynamic Resilience Training® Instructor
- ❖ 2004 Started Teaching DRT To Individuals and Groups
- ❖ 20,000+ Have Taught Over 20,000 DRT Sessions To Individuals And Groups
- ❖ 100+ Worked With Clients From Over 100 Different Backgrounds And With Over 100 Different Body Conditions
- ❖ 2007 Certified Franklin Method Level I Educator by Eric Franklin
- ❖ 2009 Certified Franklin Method Level II Educator by Eric Franklin
- ❖ Completed the following Stott Pilates Instructor Training Programs: Intensive Mat; Advanced Mat; Intensive Reformer; Injuries & Special Populations.
- ❖ 2012 Began Teaching SlimBouding® Group Classes And Individual Sessions
- ❖ 2,000+ Have Taught Over 2,000 SimBouding® Classes And Sessions