

Deborah and Patrick Redmond work with people to help them improve their health and wellness. These Client Testimonials span over 20 years of working with Clients in Philadelphia PA, Bellingham WA, and North Myrtle Beach SC. Most are for DRT Dynamic Resilience Training Pilates and/or Yoga. Deborah believes strongly in the confidentiality of her Yoga Psychology work with Clients therefore she does not solicit Client Testimonials for Yoga Psychology.

CRYSTAL C - NORTH MYRTLE BEACH - 2026

I have been attending Red Mountain Wellness North Myrtle Beach Pilates and Yoga Group Classes for 9 months.

- 1) I have noticed the following positive changes: The real noticeable signs include changes in my body shape, my clothes fitting better, and stronger, tighter muscles.**
- 2) What I like about the classes: The guidance and coaching ensure that I am performing the movements correctly and help me challenge myself to better long-term health. I enjoy the focus on building balance and strength for daily activities, and providing some time for mental focus to reduce stress and clear my mind.**
- 3) Why I attend classes: A scheduled class time allows me to integrate movement into each day and offers a new way to focus my long-term health. I enjoy seeing the results of the work, and I leave each class feeling focused and balanced.**

SUSAN W - NORTH MYRTLE BEACH - 2026

I never thought in my late 60s I would start doing Pilates or Yoga, let alone feel better than I have in years! Working with Patrick Redmond has been a complete game-changer. Patrick's guidance has helped me build incredible, noticeable strength in my muscles, drastically improved my posture, and enhanced my overall physical and mental well-being. I feel younger, stronger, and more flexible. If you are looking to invest in your health, regardless of your age or experience, I cannot recommend Patrick enough!

JERI K - NORTH MYRTLE BEACH - 2026

I started attending Sessions with Patrick due to hip pain. I feel so good afterwards. It jumpstarts my day and I am so much more mobile and pain-free. Also, Patrick teaches with concise instructions and makes sure that you are doing exercises correctly and with no injuries. He is very knowledgeable, personable, and kind.

DONNA A - NORTH MYRTLE BEACH - 2026

I have a mild scoliosis and I have noticed that I no longer hurt when first getting up in the morning. The stretching and balance techniques are helping to keep me flexible and pain-free. I am more aware of good posture now too!

I like our wonderful instructor, Patrick, who is very knowledgeable on Yoga and Pilates and feels that it is very important to learn the correct techniques. He keeps our classes fun and interesting. I have also enjoyed meeting like-minded people who care about their health. I have always been health conscious and I want to stay strong and fit especially at this age, I will turn 70 this year! I am very grateful for Patrick giving these classes in our community.

BILL M - NORTH MYRTLE BEACH - 2026

I retired six years ago and was not as active as when working. I realize how important it is to keep moving. Starting my day with these sessions gets me going!

Thanks for the motivation. Since attending Sessions with Patrick, I have noticed my flexibility has improved. I am very impressed with his style of teaching: "Safety First, Then Results".

DEB R - NORTH MYRTLE BEACH - 2026

5 Stars!!! My body is firmer, my balance and breathing are much better. I have lost inches around my belly and hips. Overall I feel a lot more fit. Also, my body feels stronger and more flexible. Patrick is an outstanding instructor! He gives clear instruction and explanation of all exercises.

SUSAN S - NORTH MYRTLE BEACH - 2026

I have just finished shoulder PT and this has increased my range of motion and now no discomfort stretching. I feel more flexible. Recently I helped my son in his yard for four hours. I was tired but no pain. I live in a condo and have not done that much physical work for years.

We work on the whole body in a short amount of time. And Patrick explains why we do things the proper way.

I just feel so much better physically. After class I am ready to "take on" the day. Much more motivated for tasks or fun.

BRENDA - NORTH MYRTLE BEACH - 2026

My posture, strength, and balance have improved since I started attending Patrick's classes. Classes are very motivating and fun. I am firming up my butt and legs; my arms are much stronger; my abs are firmer and flatter.

Being a senior we need extra help in daily exercise and motivation. Patrick makes it very challenging but very successful.

GWEN SPERLING - PHILADELPHIA - 2008

I would like to take this opportunity to pay a special tribute to Patrick Redmond for his outstanding service as both a teacher and a trainer.

I have known Patrick for approximately five years. At the time that Red Mountain Wellness opened, I had been very frustrated in searching for a place where the instructors really cared for the students and put forth an extra effort to make sure that the students got the proper training.

During my entire stay at Red Mountain, Patrick has displayed extreme patience and has spent detailed time in dealing with individual student needs. He was explicit. He was repetitive. He made sure that each student followed the correct procedure. He made sure that the form was correct. He made sure that we completed all of the assigned tasks in the time allotted.

Having been with Patrick and Deborah for the past five years plus has created some tremendous changes in my body. It was reported to me by my gynecologist that my bone density test was the best I have ever attained. I must attribute this to the DRT training that I received at Red Mountain Wellness.

I will forever be grateful for Patrick's disciplined approach to teaching and training. Due to his dedication, I looked forward to all my sessions. My mind and body have shown the results.

KATHRYN - BELLINGHAM - 2015

Dear Patrick and Deborah, Thank you for your wonderful DRT classes! I had been unable to walk for several years when I started DRT. My chiropractor told me I was in danger of losing 100% mobility in my feet because they were so frozen.

Saturday I took my first walk of 2 miles in years with no pain and I know it's because I am attending your DRT Pilates sessions. In gratitude, Kathryn

ANARA THOMAS - PHILADELPHIA - 2008

I have practiced Pilates with two different studios for years. Experiencing Patrick's DRT Dynamic Resilience Training approach is unique and quite mindful. His classes are small and tailored to each person's strengths and limitations. The mind and body are both highly involved in the classes. I recommend Patrick's classes to anyone, but especially to those who are recovering from illness, injury, surgery, and/or living with chronic pain. Most sincerely with thanks, Anara Thomas

KIM - BELLINGHAM - 2017

Over two years ago I had a major spinal surgery. After my initial PT/Rehab, I tried to return to the things I enjoyed such as running and long distance cycling and I simply couldn't do those things without suffering incredible back pain. Basically I couldn't pick vegetables in my garden or bend over to wash a floor without agony.

At the suggestion of a friend, I called Patrick and began to do some private sessions so that he could get to know me and assess my spinal health and needs going forward. His focus is safety first which was perfect because I did not want to do anything to make matters worse.

Over time I became stronger and within a few months my back pain subsided. A few weeks ago I road in the Tour de Whatcom and completed 70 miles. At the finish they were offering complimentary massages which I enjoyed but the only issue was tight quadriceps and hamstrings, not an ounce of back pain. To bad after hours in the saddle in a forward leaning position. DRT Dynamic Resilience Training (aka Red Mountain Evolved Pilates) has changed my life considerably and it's great to see my balance and strength improve. Thanks Patrick!

HARRY HOWARD, DPM, RPT - PHILADELPHIA - 2008

It is with pleasure, privilege, and high praise that I recommend Deborah and Patrick Redmond to you. Both are outstanding teachers, clinician, and people.

My name is Harry Howard and I have been a Student of DRT at Red Mountain for approximately two years, primarily under Patrick's tutelage. Their knowledge of Pilates history, principles, techniques, and instructions are vast. They explain, demonstrate, and teach in a clear and concise method. I am a Podiatrist (over 21 years) and a Physical Therapist (over 28 years) and greatly appreciate the knowledge of the biomechanics, kinesiology, and anatomy. Their instruction and teaching methods are well tuned for the beginner as well as for a professional clinician like myself.

The Red Mountain Studio is a place of tranquility, peace, harmony, friendship, and learning. I have benefitted with increased flexibility, increased muscle tone, improved coordination, improved balance, and a greater sense of harmony and self.

TAMI - BELLINGHAM - 2015

Dear Patrick and Deborah, Yesterday I completed Iron Girl in Seattle. That's 1/3 mile swim, 12 mile bike ride, and 3 mile walk/run. Can you believe it? This is not the same person who came to you in December, severely overweight and barely moving. While I did lots of extra training for Iron Girl, it was coming back to DRT Dynamic Resilience Training early this year that got me started on the road to health and fitness. When I am regularly in your environment of wellness, I tend to do other things healthier too. Since coming back I have lost 55 pounds, and my body fat has dropped from 51.1 (yes, over half my body was fat) to 39.1.

You are both amazing people. I so much admire and respect you and what you do. Thank you again for all of your help and support. With appreciation, Tami

One of Deborah's Yoga Psychology Clients - BELLINGHAM - 2012

A few years ago as I neared 40, it became clear that the anxiety and depression that had been tenacious companions since my early 20s were less manageable than ever. The severe postpartum depression that followed the birth of my child three years earlier just never seemed to go away. My family and friends became increasingly

alarmed as they witnessed my withdrawal and overall lack of enthusiasm for anything. What they didn't know was that thoughts of ending my life filled my mind anytime it was not focused on an immediate task. Frequently I found myself wandering our garage and taking mental inventory of what damage different tools might inflict on my body if I could just find the courage.

Little did I know that tools and courage were exactly what I would find once I began working with Deborah and Yoga Psychology a few years later. In the interim I began taking an SSRI at the insistence of my worried family. My anxiety vanished, along with my creativity and any sense of a greater purpose. I spent two years experiencing this "Teflon brain" before meeting Deborah at an open house in her Bellingham studio space. I began weekly private sessions with Deborah that immediately gave me a feeling of connection to a vital framework that I strongly sensed was already within me, waiting to be woken up and enlivened.

This framework continues to be illuminated through ongoing work with Deborah as we address my specific challenges within its context. Deborah delivers a "therapy" that feels profoundly different, more effective, active, and joyful than anything I have experienced in many previous years of other therapy. Within a month of beginning my work with Deborah I directly experienced such a growth of clarity, purpose, and strength that I began a gradual withdrawal from my SSRI and was completely off it within 6 months, with zero negative repercussions.

Yoga Psychology has not only given me access to what feels like an infinite supply of wondrous tools, it has helped make sense of many feelings, fears, and questions that have pestered my rather active mind since childhood, I have not come close to revisiting my former depth of despair. The confidence I now hold knowing that my experience in this life comes from within me and is colored by my choices in thought, work, and action, means that I am now, very gratefully, able to find and do my life's work.

CAROL BAKER - PHILADELPHIA - 2008

Deborah Redmond is a truly extraordinary wellness professional. I have worked with her over the last ten years during some very large life events including pregnancy and childbirth, selling a business, changing careers, and several big

moves. I deeply believe my strength and resiliency for all that life threw at me were greatly enhanced by the work I did with Deborah.

Deborah has, I believe a very unusually large knowledge of the wellness area and may tools to bring to a given situation. I worked with her in both Yoga and Pilates. Her ability to assess situation, determine what is the best course of action, and then clearly and precisely explain it is rare. She is very intelligent, thoughtful, resourceful, kind, and patient. I have learned and grown a great deal from her and I would not hesitate in recommending her in whatever capacity she chooses to use her gifts.

RHONDA BECKER - BELLINGHAM - 2018

I LOVE my DRT and SlimBouncing sessions. Patrick and Deborah are truly exceptional instructors. They are caring, witty, and always professional in their interactions with their students!

I am the healthiest, strongest and in the best shape since I was in my 30s after joining Red Mountain Wellness. Thank you Patrick and Deborah for sharing your passion in life with us!!!

SUZANNE MARIE SCALA - BELLINGHAM - 2018

I started DRT Dynamic Resilience Training after along period of illness. I was weak and in pain. I took the first class, like I'd taken so many other first classes, hoping that I'd find something that at the very least didn't hurt me anymore than I was already hurting. Within my first class, I knew I'd found the thing that was going to help me heal and give me back the strength I'd known earlier in my life. I didn't know that it would help me know a kind of physical joy I had not known in many years.

The physical vocabulary od DRT and Patrick's insightful, wise, and knowledgeable teaching work to create a safe, powerfully effective, and challenging workout.

Deborah's creative and informed choreography make for an endlessly interesting series of classes. It is not hyperbole to say that DRT has been one of the most

important, impactful, and life-changing experiences in my recent life. Thank you Patrick and Deborah for your commitment to our health and well-being!

ELSA - PHILADELPHIA - 2008

Based on my daughter's personal recommendation from her own experience, I began private sessions with Deborah at Red Mountain Wellness in Philadelphia. At the time I was suffering from lower back pain, arthritis in the knees, and depression. I began private sessions with Deborah once a week. This slowly progressed into two times a week. Eventually I was able to minimize my private session to once a week and attend group sessions with Patrick twice a week. Over the course of three years I have lost 35 pounds, my depression has improved tremendously, and I feel like a new person. Through Deborah's guidance and counseling, I now have a deeper understanding of how to care for myself through diet and exercise.

Kate - PHILADELPHIA - 2008

My husband recently told me "You no longer push me off the sidewalk. I thought you were trying to cash in on my life insurance." Before attending DRT at Red Mountain Wellness, I walked "sideways" and my husband half-jokingly said I was always pushing him into traffic.

I shared this with my classmates and Patrick. I have not been doing anything different in my life routine except regularly attending my classes twice a week. I approach each session with a positive attitude and I do my best to perform each exercise as correctly as possible. Patrick attributed the positive change in my gait to the fact that I especially do a great job on my leg ovals and leg circles while stabilizing my pelvis. Works for me.

MOLLY KLEIN - BELLINGHAM - 2017

DRT classes at Red Mountain Wellness keep my body feeling healthy and strong. With previous injuries from sports and a physically demanding profession, my classes at Red Mountain are both restorative and preventative for me.

Thank you Patrick and Deborah for your passion and dedication to your work and the mind/body results we as your students receive from you.

JOAN A - BELLINGHAM - 2010

Patrick, I continue to be deeply appreciative of the energy, thought, and planning that you and Deborah devote to your work. During Thanksgiving, I had the opportunity to hike and snowshoe in the Rockies above 9,000 feet in deep snow - keeping up with everyone and having no residual aches and pains. Without your classes, I may have been tempted to stay back in a warm house reading a book or been confined to bed rest the next day. So again, thank you!!

SHELLEY W - BELLINGHAM 2016

I am a DRT Dynamic Resilience Training student at Red Mountain Wellness. This studio was exactly what I was looking for. Patrick's instruction is very clear and deliberate. He understands body mechanics and shares that knowledge with his students. I look forward to the classes. We're always amazed at how quickly the time goes.

I love knowing that I am improving my strength and toning my body without the unnecessary stress that we risk with so many other forms of exercise. I'm so glad I discovered Red Mountain Wellness and DRT, and I recommend it without reservation. We're fortunate to have a studio of this caliber in Bellingham.

ANN - BELLINGHAM - 2013

Dear Patrick, I've been meaning to write you as I don't have the opportunity to talk to you at class. As a teach myself, I totally get why.

When I first began DRT Pilates with you, I had pain in both my hips. It was so severe, I was sure I would be having hip replacement down the road in not too very long. I was taking Ibuprofen almost every day and if I had to go to the bathroom in the middle of the night, I would basically hobble there and back. I have been active all my life in many ways. I have taken tons of classes: aerobics, step, water fitness, running, walking, etc. So to be hobbling was very debilitating for me.

The other morning I was lying in bed, just waking up. I realized that, for I don't know how long, I was pain free. It's an interesting thing with wellness ... it, at least

for me, goes unnoticed. It's pain that gets my attention. So it takes a bit longer to register that I'm pain free. I don't think I can really describe how I felt when I realized it. I really believed I would need bilateral hip replacement quite soon.

I think this is my third round of 6 weeks that I am beginning with you and I am so grateful. I want you to know that. I don't fully understand all that we do but I know that it is saving me. Not just physically either. The best way I can describe DRT Pilates is it's like getting a massage from the inside out.

So thank you. I hope you know how much your work is appreciated. Warmly, Ann

VALERIE H. L. - BELLINGHAM - 2014

First and foremost, you will never be asked to do anything that will harm you. I love that Patrick and Deborah make our safety and well-being their top priority. Second, we get a new routine every 6 weeks. This provides constant mental and physical challenges and it keeps it interesting. Finally, my body feels great. My back never hurts, my posture has improved, my arthritic knees are improving, my cholesterol is down, and my blood pressure is down. You can't ask for more than that. Bonus: Patrick makes good use of every minute you are with him. You get a better workout in 45 minutes with him than in an hour just about everywhere else.

MARY P - BELLINGHAM - 2012

Hi Patrick, It's my 53rd birthday today and I must say, I feel so much younger than I did 2+ years ago. I completed 2 years in your studio this winter. Your DRT Pilates classes have increased my strength and flexibility by leaps and bounds. My pain symptoms are so minimal now - where previously they were daily. So among the many things I am grateful for today - family, friends, home, job - I am grateful you and Deborah moved to Bellingham and set up shop. Thank you for being a wonderful teacher and thank Deborah for being a wonderful exercise program designer (better term, I'm sure, but it gets at it!). Happy Friday! Mary P

HEATHER S - BELLINGHAM - 2016

DRT changed my life. I was living with daily back pain and visiting a chiropractor once a week. Now I go once every six months. Patrick and Deborah are the best. I had tried larger group classes and never felt like I was doing the exercises properly.

But Patrick's Pilates Reformer classes never have more than 6 people so I always feel like anything I might be getting wrong gets corrected right away. Patrick is also an amazing communicator and is always good at adapting exercises for each person. I feel very comfortable recommending DRT to anyone including my older friends.

BECCA C. H. - BELLINGHAM - 2016

I used to wake up everyday with severe back pain feeling worse in the morning than the day before. I also had severe pelvic instability and horrible posture. I've been attending DRT Pilates going on four years now and it has completely changed my life. I no longer have any pain and feel great everyday due to the changes these classes have made to my body and overall health. After class, I feel energized and ready to take on the day! Thank you Patrick and Deborah for your thoughtful instruction and innovation.

LEE F - BELLINGHAM - 2016

I am so impressed by the variety, creativity, and balance of the exercises I've learned at DRT Dynamic Resilience Training. I consider these exercises to be an investment in my health, and as I age, I'm convinced that these exercises are key to aging gracefully. My back has never felt better!

ANDREW C - BELLINGHAM - 2016

Red Mountain's DRT is the only fitness/exercise program I have ever stayed with long term (2 years +?). Patrick is extremely dedicated, professional, informative, and fun. Deborah designs programs that are always evolving and challenging in a safe, effective way. I highly recommend looking into Red Mountain's DRT Pilates if you want an effective, safe, and enjoyable way to get and maintain fitness and flexibility.

PAT R - BELLINGHAM - 2016

Today I went to the first of 4 physical therapy appointments prescribed by my orthopedic surgeon to assess my fitness level and teach me exercises to increase my strength and flexibility in preparation for knee replacement surgery. The PT

pronounced me strong and flexible enough to have the surgery now and she cancelled the other 3 appointments! This is certainly due to my attending Patrick's DRT Pilates classes 2 to 3 times a week at Red Mountain Wellness.

DUWAYNE AND DEB PALMBLAD - BELLINGHAM - 2018

In our 60s, we have a definite need to keep flexible and balanced. The "no pain no gain" does not apply to us or Patrick's training. Yet never once did we leave a session without feeling more flexible, more balanced, and more well than we went in. Patrick's DRT training allows you to become naturally more aware of how you carry yourself and every breath.

Over the past two years outside the studio we have suffered broken bones, shoulder injuries, and falls off a horse and on the ice. We were amazed at how we did not suffer the full effects of such events and how quickly we recovered and bounced back through regular sessions.

CHRIS C - BELLINGHAM - 2016

Hi Patrick. I just wanted to let you know how much I have enjoyed and truly benefitted from your DRT Pilates classes over the past 2 1/2 years. I have not only gained core strength, flexibility, fat loss, stamina both mental and physical. I have more confidence in my physical abilities which is something I lacked in the past. My recent knee surgery was a total success due to the strength training you provided. There is so much more you have done to help me over these few years and I want you to know how much I appreciate it.

ELSA - BELLINGHAM - 2018

As I age, I realize it takes significant effort to stay injury-free so I can continue to enjoy my active lifestyle. Patrick's DRT classes are perfect for me. His teaching style makes me acutely aware of my body's mechanics. Each session creatively involves the whole body, brain included. My feet are now healthy (no more plantar fasciitis), my back is strong and pain-free, and my balance is better. According to my granddaughter, "You are not old like G.G. (other grandma) even though you are the same number."