



## Letter of Reference for Tim Finucane

### To whom it may concern

My name is Helle Axel-Nilsson and I teach Ergonomics and Body Awareness at the Royal College of Music, Stockholm as well as at the University College of Music Education (SMI), also in Stockholm. I am a qualified Eurhythmics Teacher (Royal College of Music), a licensed Massage Therapist (Axelsons Gymnastiska Institut, School for Alternative and Complementary Medicine), and have also studied body awareness under Jacques Dropsy.

I first met Tim Finucane at a seminar he held at Axelsons Gymnastiska Institut. The content of this seminar forced me to completely re-evaluate all that I had previously learned about ergonomics, posture and performance. The pedagogical approach presented at this meeting enabled each of us present to reach a level of experience and understanding of perfect balance, relaxed concentration and co-ordination that I had always known existed but that I had never previously succeeded in realising, let alone pass on to my students.

I have since then studied Tim's pedagogical methods as a trainee assistant over a period of five years on his programs, aimed at sportsmen, artists, therapists, and company employees. Using his approach as a foundation I have been able to further develop my own teaching at both Colleges in Stockholm, with excellent results. The subject of Ergonomics has now become a required course for all students attending these schools.

Anyone wishing to employ Tim Finucane's services regarding ergonomics, teaching of posture, and even stress management has my warmest recommendation.

Sincerely,

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