

CLASSICAL STRETCH

THE ESMONDE TECHNIQUE

About Host Miranda Esmonde-White:

Miranda Esmonde-White, creator of *Classical Stretch*, began her career dancing at the National Ballet School of Canada in Toronto. Following her formation as a ballet dancer, she performed around the world with the National Ballet of Canada. During her dance career, Miranda worked with many of the great names in dance: Margot Fonteyn, Karen Kain, Rudolf Nureyev, Roland Petit, Jose Greco and Robert Joffrey. A broken foot brought an end to her performing career.

Shortly after leaving the National Ballet Company, she opened her own dance & fitness center in Montreal, Canada. Over the years she suffered from chronic back pain. Determined to rid herself of the pain, she studied with physiotherapists and chiropractors and eventually developed a fitness program which cured her of her own back pain. That program sowed the seeds to what eventually became The Esmonde Technique™ (*Classical Stretch* and *Essentrics*).

These programs are scientifically based stretch and strengthening programs which have gone on to be used by hundreds of thousands of people across America through Miranda's Popular TV series *Classical Stretch*, full line of healing and fitness DVDs and her ever-expanding teaching base. The various workouts have helped thousands of people change the shape of their bodies, lose weight, become better athletes and treat many painful muscular-skeletal conditions.

In the last nine years, Miranda has trained many high-performance athletes, becoming one of the most sought after stretch and bio-mechanics trainers in Canada. She is well known for her work with Olympic Medalist Diver Alexandre Despatie, World Champion Squash Player Jonathon Power, Canadian Skating Champions Joannie Rochette, Jessica Dube and Bryce Davidson and students from the Cirque du Soleil School, École National de Cirque.

Besides hosting her own daily exercise show on the US National PBS Network, she has written a college text book and is the host of a series of *Classical Stretch* DVDs. She also holds regular workshops for Level 4 Olympic coaches as well as for universities and colleges and travels internationally giving lectures on breast cancer rehabilitation and anti-aging.