

The Simplicity Project Testimonials

"The Simplicity Project is a masterful compilation of everything you could possibly want to know if you'd like to create a healthier, lighter, more vital version of yourself. I've known Jenn for years and I can tell you that she embodies these very concepts you're about to read.

Professionally, I have referred hundreds of patients to her services as a Registered Holistic Nutritionist because of her phenomenal ability to communicate complex ideas in a simple, specific and realistic manner. She knows it's not enough for you to just receive the information, but to know *how* it fits into your life and is going to result in lasting changes.

Jenn's heart, passion, humour and say-it-like-it-is approach is 100% refreshing. She is your biggest cheerleader and your most blunt friend all rolled into one! Enjoy this book—it will most certainly change your life if you let it."

Dr. Laura Foster, D.C., B.Sc.

"Jenn Pike is my go-to resource for nutritional education and combined physical therapies. Her extensive qualifications and experience, and her boundless enthusiasm, provide us all with the information and motivation we need to improve our health and well-being."

My Light to Your Light, Tathaastu* SO BE IT, Theresa Gagnon

"I am not a person who is partial to testimonials in general, but my exposure to, and involvement with, Jenn Pike and Simplicity have been life-changing for me, therefore, I would like to share my experience with others.

I met Jenn when she first opened up Simplicity in 2010. I was 57 at the time, had exercised all my life, but needed something else in my life. I had recently retired from a career with the Ontario Public Service and was going through 'new retiree' doubts. I hadn't practiced yoga in a very long time, but had this nagging pull to go back and revisit it. So I took the plunge.

What has inspired and kept me loyal to Jenn Pike and Simplicity? Simple. It's her vision, her personality, her caring, understanding and energetic personality. The studio itself is a thriving mini hamlet of yoga, health, wellness and friendship. I find it inspirational, soothing, and above all, my second home. My immersion into yoga and all it encompasses has helped me become a more understanding, calm and nurturing individual. I eat and live healthier!

Jenn has shown me what is possible at any age and, as a result, I have learned to enjoy life more, accept and address challenges as they arise and appreciate everyone in my life. My objective is to emulate Jenn's focus and passion and become a yoga teacher myself in one year's time.

I truly respect Jenn and all the personal sacrifices she has made to make her dream come true! We in the community have definitely benefited greatly!

Here's to your continued passion, health and growth!"

Hugs, Sandy Wickeler

"I met Jenn Pike almost two years ago when I walked into her yoga studio with the intention to introduce a new component to my exercise practice—stretching. I'd never done much of it before. My intention was that simple when I first went there—I needed to start stretching. Now, almost two years later, my life has gone through a major transformation. Jenn has been my yoga instructor, my personal trainer, my nutritionist, an invaluable consultant, a great inspiration, and an exceptional role model. Jenn leads the way for, and motivates people to take control of their body, mind and health. And what I love about Jenn's style is she is practical, real and down to earth. I am personally inspired by Jenn's example to be the best me and have fun doing it!"

Heidi McDonald

"The practice of holistic nutrition is an incredible science of combination and observation. Jenn has an outstanding talent and the wisdom to support the best balanced and complete program for her students. She is an advocate of empowerment and education. She is exceptional in her approach to the best potential and, most importantly, Jenn demonstrates a total holistic lifestyle. She is an active, wise and truthful model of her beliefs in action. Thanks Jenn. You inspire me!"

Ann Green