

PRSI Software Inc. is owned and operated by Denny Rudy and Judith Young.

Denny has been a Hellerwork Structural Integration Practitioner since 1998. Many of his clients have seen him as a last resort just before they were scheduled for RSI surgery. Specialized bodywork, movement and stretching have led to the cancellation of many surgical procedures.

PRSI Break came about after a client of Denny's asked him, "Why don't you video the stretches you show me so I can remember how to do them between sessions."

Judith's work history has focused on training, facilitating, team building, troubleshooting and project management. She is the President and CEO of PRSI Software Inc. and has managed the process of creating PRSI Break from an idea.