

I was attending a heart rehab class when a friend suggested that we go to a qigong class. She said it was a stretch class. I joined her that day and really enjoyed my first class with Homer Nottingham. I decided to do another class. After 4 or 5 more classes my body was feeling much better and I felt calm. I had had problems with my sacrum muscle running all the way down my leg and into my foot. It was painful. My hands were plagued with arthritis and trigger finger. Throughout the next few classes these symptoms would subside. My upper back muscle was becoming relaxed which helped with tension. My balance was becoming much better. With all these body and spirit improvements, I decided to not only increase the number of days I was attending Homer's Qigong classes, but to purchase his videos so I could do the exercises on days I could not attend. I have completed one year now and I am pain free. I am attending 5 classes per week. These classes keep my back stretched out, my internal organs loose and helps with my anxiety. Thanks to Homer's classes I feel really good. Thanks Homer

[Rosemarie](#)