

May 2016

Homer:

It has been two and a half years+ of Qi Gong classes and somewhat less than a year for Tai Chi. The Tai Chi is giving me back quite a bit of the balance I've lost by growing older and not knowing what to do about it. Qi Gong has made my life much more tolerable by taking away the pain. I experienced for twenty five years and the shots I took approximately every three months of that time to partially relieve that pain.

I have the nurses at Cardiac Rehabilitation to thank for recommending that I come to South Yuba Club and attend your excellent instruction and keeping my interest up in these classes. I can't remember anytime in my life that I've continued exercising for this long continuously. The results speak for themselves.

All I've had to do is show up and continue to feel better and better as time goes by. All the tests I've been given show that my heart, my heart rate, blood pressure, and circulation are younger than I am. I haven't had pain in my back for well over two years nor any need for cortisone shots to relieve any pain. My back is not healed but strengthening the muscles and ligaments makes me feel much younger than I am and much more comfortable.

*I am grateful Homer: Thank you
A pleased student,
Jack Carmody*