

I would like to thank you so much! I thoroughly enjoy coming to your classes. You are a great teacher and so patient. I've been coming to your Qi Gong and Tai Chi classes for about 6 weeks now and I feel great! Since attending your classes and daily meditation my stress is gone, and I have more energy. I also have more strength and flexibility especially at my surgery site in my lumbar region. My muscle tightness and soreness has decreased tremendously! Also before coming to your classes I would have edema in my legs and I bruised so easily. I no longer have any bruising and my edema is mostly gone with only an occasional flare up. I am so excited to come to class and enjoy myself so much! I tell everyone about the benefits of both the Tai Chi and Qi Gong all the time. I just wanted to say thank you. Both you and Jan are so kind and fun to be with. I'm so glad that I found your classes.

Thank you  
Celeste Best