

## Testimonial from Cassandra Holdeman

Not long after retiring, I began to practice qigong. I'm so glad I did, because when I was diagnosed with breast cancer, I was able to manage the situation with balanced mind and body. Cancer treatment was challenging, especially the radiation therapy which caused some serious vertigo. But qigong's gentle yet powerful movements stabilized my energy field, making equilibrium possible. Now fully recovered, I'm grateful to the ancient energy masters who devised and bequeathed to humanity a system intended for our holistic well being. I encourage everyone I meet to take up qigong practice.