

Explore the Depth of Tai Chi for Arthritis Workshop Singapore by Dr Paul Lam on 11st and 12nd June 2013

Feedback from Participants

- I would like to take this opportunity to thank my teacher – Jennifer Chung; to arrange this workshop and recommended me to join this workshop conducted by Dr Paul Lam.

I enjoyed the workshop very much. I learned many things during this workshop, like control your mind, your body movement. I had learnt to do Tai Chi slower, concentrate and understand how to make Chi flow in your body by breathing in & out.

After this workshop, I think I will continue to learn and practice more Tai Chi. It's good for me like, I feel more calm down and my mind more focus and able to concentrate of what am I doing.

Thank you Dr Paul Lam for sharing and gave us knowledge, more understanding and practice about Tai Chi for us.

- *Sirimon Pangklin, Singapore/Thailand.*

- Many thanks, Jennifer. It was a rewarding experience.

- *Allein, Singapore*

- Thanks Jennifer. It was a wonderful workshop. You and Simon work very hard and make a great team. There is such a spirit of friendship with your Tai Chi students. It is a credit to you both.

- *Brenda, Australia*

- Thanks heaps, Jennifer. So happy to attend the workshop. Learn a whole lot about the form, tai chi in general and about my ability to learn.

- *Marsha Tai Chi Bohol, Philippines.*

- I have been attending Simon's classes at Teck Ghee Community Centre since Year 2012 through the recommendation of Christina (my neighbor) who is keen to join the class. Initially I found the classes boring because I was not getting anything out of the exercises. Each time after the exercise, I would be telling myself to go back to Yoga which I have been practicing for the past 4 years at True Yoga.

The two workshops that I attended changed my thought about Tai Chi. Tai Chi is about using slow body movements to energize the 'qi' that has remained stagnant in the body (some similarities to Yoga of the breathing techniques and movements). With these workshops, I am able to learnt the correct movements to truly enjoy Tai Chi. Furthermore, with Dr Paul Lam's workshop talk in Singapore on how to optimize the 'qi' and 'song' it has motivated me to continue learning it.

I come to know about these two workshops through Simon Yuen who is my Tai Chi trainer at Teck Ghee CC. Simon is a very dedicated trainer who is affable and understanding. He is very focused and observant correcting our wrong movements immediately. All of us like him.

Warmest Regards
Diana YONG, Singapore