

29th November 2011

Re Ms Jennifer Chung – Master Trainer of Taichi for Health

I joined Jennifer's class in April 2011 and have completed the Taichi for Arthritis Part 1 course. I am now into another course of Taichi for Osteoporosis and enjoying it.

Jennifer is a very experienced and systematic instructor. She is clear in her delivery and makes sure that her students master the Taichi movements with repetitive practice. Never in her classes did I sense a tone of impatience in her as many of us are in our middle age and are slower learners. Her patience and interpersonal skills are admirable and the guided steps from the notes that she has painstakingly written reinforce our learning. She constantly encourages us and I benefit greatly from Jennifer's teaching as Taichi improves my physical and mental well being. I make sure that I do not miss Jennifer's lessons unless I have other important engagements to attend to.

Besides teaching Taichi, Jennifer gives her time generously by organizing events for her students such as outings to the Marina Barrage where we practised some Taichi and the upcoming Taichi Christmas Party. These activities bring her students closer together and foster friendships with groups from other areas.

I thank Jennifer for her commitment to help others to maintain good health and well being by imparting her Taichi skills.

Yours sincerely



Bernadette Koh
Current Taichi Student