

4 Nov 2011

To: Whom it may concern

Subject: Tai Chi class

My husband & I happened to attend the 50 plus health exhibition held last year at Suntec City, Singapore. The highlight of the 50 plus health exhibition was Tai Chi demonstration.

We were impressed by the Tai Chi demonstration whereby Ms Jennifer Chung and Mr Simon Yuen were also demonstrating. They executed the Tai Chi movement gracefully and synchronize them with music. Each movement was executed very well, gracefully and beautifully.

We knew that Tai Chi has been endorsed as strength activities and mind body exercises. Being a registered nurse, I know that is a good form of exercise for middle age as well for older people. Hence, we registered for the Tai Chi class in May 2011 till to date.

Ms Jennifer teaches Tai Chi very well. She is very clear with her instructions.

She taught us by given us small steps and demonstrated each step explicitly. She takes note each participant strength and weakness. She ensures that participant can execute each step according to participant fitness and do not compromise safety.

I have benefited from this Tai Chi exercise hence I introduced Ms Jennifer Chung to teach my staff. About 17 of them started the Tai Chi session in late September 2011. They found her teaching very impressive and enjoy her Tai Chi sessions. They are keen to continue the Tai Chi sessions with her.

I can balance very well with one foot, less wobbling when stand on one leg. Most importantly my trigger fingers were lesser and hands less stiff. Tai Chi helps me to relax and my husband and I are looking forward to learning Tai Chi from Ms Jennifer Chung & Mr Simon Yuen.


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