

3 November 2011

To whom it may concern:

My first lesson on Taichi for Osteoarthritis was on 21 July 2011 and from that day onwards, my hubby and friends have been learning fervently under Ms Jennifer Chung.

We were faithful in following through the 12 lessons and are still continuing on the class up till today.

My impression of Ms Jennifer is of admiration and respect.

She not only teaches but has a very lovely sense of humor and full of patience for all of us, some of us are still not very sure of the steps, partly because we didn't practice enough and tend to forget certain steps.

She never fails to coach us step by step and is always willing to go the extra mile to make sure we don't give up on ourselves.

We are indeed grateful to her for her dedication for Taichi and she has certainly influenced us to a large extent to want to learn Taichi even more.

Outcome Measures:

From a scale of 1-10, I would like to grade her 11 !

She has certainly shown us how to take care of our joints and not only that, we have gained ourselves a true friend!

Thanks Jennifer for all that you have taught us and shared with us, May I on behalf of the class thank you from the bottom of our hearts for your dedication towards Taichi and to us.

From your humble student: Lynda Soh

