

17 November 2011

**TO WHOM IT MAY CONCERN**

I have started to learn Tai Chi from Jennifer Chung as follows:

- Tai Chi for Osteoporosis (8 Feb 2011 to 26 Apr 2011)
- Tai Chi for Arthritis (3 May 2011 to Current)

For the past 9 months, I have learnt more about Tai Chi. I have also benefited from the regular Tai Chi classes which has effectively reduce the frequency of my shoulder aching condition.

Jennfier is an encouraging trainer, she will share with her students on the rationale of the Tai Chi's steps in a simple way which will facilitate our understanding. Her passion in Tai Chi has influenced me to pursue it on a regular basis in a long-term run instead of short-term. I am glad to have her as my Tai Chi trainer.

Cheers



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