

## Comments from Students aged 14 to 104

I have enjoyed the Qigong that you have taught to me. I've learnt to balance and get my mind free to gently relax when aches and pains come and breath correctly tight down to my tum. I value the knowledge and friendship too. I hope that life will be good and joyful for you.

Cynthia

### Tai Chi and Me

I started Lesley's Tai Chi classes three years ago following retirement and as a complete beginner. I saw it as an activity which would hopefully increase my flexibility and stretch bits I didn't know I had. I met a friendly group of people who were never critical and accepted all levels of ability. Lesley took pains to be sure that everyone understood what we were meant to be doing and encouraged us relentlessly to keep practicing at home. I have a picture in my mind's eye of Lesley performing the forms with great style and hope that one day I might reach such a standard. (after endless practice of course!

Lesley

I still remember my tai chi classes with a wonderful sense of peace, and just to sit and think of them always produces feelings of calm, happiness and strength.

Martin

Thank you for the 4 years of Tai Chi that I have done with you. You made it very enjoyable as well as being very good for my health. Also I was lucky to have a very friendly group who I will miss. Knowing you and doing Tai Chi has been very special for me. I hope to be able to carry on with it.

Margaret R

What you have given me in Tai Chi can never be taken away. Everytime I go through some Tai Chi – at the top of a hill, beside a stream, under a tree, in my own space – I shall think of you and be glad you were once here.

Liz

It has been such a pleasure to know and to practice Tai Chi. I would like to say thank you for being so loving and caring you have given me the inspiration to keep going when I haven't felt I could. Above all learning Tai Chi with you has helped me to open up my mind to other things and has given me peace. I will always remember you.

Pat B

Learning Tai Chi has been one of the best things I have ever done. Thank you for making it so enjoyable.

Ethne

Many, many thanks for all your help and support over the last 5½ years. It has been a privilege to be part of your class and I have met so many lovely people. You have been an inspiration.

Heather

Tai Chi has helped me mentally and spiritually as well as physically. I find the exercises beneficial to my health and well being. The techniques learned spill over into everyday life and help prevent stress. Tai Chi is an ongoing experience so I can continue to practice and improve, that's got to be a bonus at my age. I have enjoyed the classes immensely

June

I wasn't sure what to expect when I started to attend Tai Chi. Now I find it helps me to relax tensions, gain greater mobility and feel a sense of well being. Thank you Lesley

Jane

Thank you for teaching me Tai Chi, something that has been my saviour through the years of my husbands illness. Just 1 hour a week gave me a small me time, but practicing each day has given me the calmness to cope with the day to day changes in medication and appointments at various places (surgery or hospital) also keeping to the left hand knowing what the right hand is doing. Through Tai Chi I have made so many friends, No! Not just friends but more like an extended family. How can I ever thank you - apart from practicing each day and thanking God that I met you.

Paula