

I first started doing Tai Chi because I wanted to exercise. I was looking for a soft, low-impact exercise. I quickly became hooked on Tai Chi. I am 57 years old.

Tai Chi helped my osteoarthritis and my lumbar subluxation by strengthening my muscles and by diminishing the stress and tensions due to everyday life.

I also acquired greater concentration at work.

I realized that it is the soft, slow movements in Tai Chi that are beneficial.

Practicing the Sing Ong Tai Chi method made me less nervous, and in better shape physically, and it increased my self-esteem.

Thanks to Sing Ong Tai Chi and Master Lim, to the patience and the advice, always given with patience, I am in better shape, both physically and mentally.

Rachel Léveillé
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