



I joined Karen Atkins TAI CHI and YOGA classes in the winter of 2009.

TAI CHI has helped me to be aware of mind body connection through slow movements, breathing and energy flow.

YOGA has taught me how to strengthen my core, stretching to release tight muscles, mind body connection through breathing, relaxation and to open up the heart.

Both of Karen's classes have helped me to improve on my golf game both mentally and physically as well as focusing in my daily life.

Recently I won the Women's Club Championship at my home course in Naples, Florida. Because of my TIA CHI & YOGA training I was able to stay focused and calm throughout the tournament.

I'm stronger, more focused, more relaxed, more aware of my surroundings and I walk taller.

*Rosemarie Connors*