

April 17, 2009

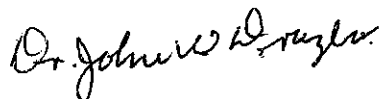
Karen Atkin has been my Yoga/Tai-chi teacher/trainer from January-April 2008 and from January -April 2009.

During this time Karen has helped me walk independently without using a walker. My balance has improved significantly with the Tai Chi and Yoga. I like the 7 movements of the Sky Fisherman as well as Embrace the Tiger and Return to Mountain. She assisted me in strengthening and coordination exercises which helped with my confidence.

The Tai-Chi walking and yoga exercises have reduced my stiffness and freezing episodes due to my Parkinson's Disease.

I found Karen to be very knowledgeable, patient and caring. She is pleasant and has a good sense of humor and a quality person as well.

I would highly recommend Karen Atkin for Yoga/Tai-Chi trainer.



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