

Hi,

I am a well “matured” person who found that as the years went by I was noticing that my back and knees were not acting as young as they had in past years. Gardening was becoming a time challenge as I had to take many breaks to straighten out my back and if I had to get down on my knees, good luck in getting up quickly, or at all.

September 2009 I started attending the lessons and practice sessions for Tai Chi at Abundant Peace School. I soon noticed that my legs were becoming stronger, my balance was improving and the big plus, I was getting an hour and a half of exercise without the stress of vigorous, continuous, frantic jumping around to the sound of blaring music.

As I continued after the beginners 4 month training period, I also noticed that since I could progress at my own pace, the need to compete and “keep up” with the others was non existent.

Because I have a stressful job, I soon noticed that when I entered the front door of the school, I forgot about the “outside” world and concentrated on the training provided by Sensei Brad. All members of the senior group were very patient and kind to all of the new people. That peaceful environment has led to the pleasure of making new friendships that may last for a lifetime.

During the 18 months of attending Tai Chi Classes, I was eyeing the Aikido class but felt I was probably out of my league in that technique. Brad encouraged me to try attending for a few weeks to see how I liked the training. Well, I am now hooked on Aikido as

well as Tai Chi and continue to reap the benefits of this Martial Art also.

I would highly recommend the Abundant Peace Aikido and Tai Chi School if you want to work out with a special group of kind, patient and truly nice people.

Thank you Brad and all Senior Students.

--Donna P.