

## ***Testimonials from Past Class Participants...***

"Very knowledgeable instructors. Experienced less muscle stiffness and pain and improved sleep after the first class and first week of practicing the exercises. I believe in Qigong and will continue the exercises" ~ D.F., Exton

*"I have been looking for about 3 years for class taught in this way. I can't thank you both enough for offering your qigong knowledge and understanding of the western anatomy. You not only taught me the physical qigong exercises but the presentation and discussions each week gave me a greater insight on how the whole body is inter-connected. I can now take what I've learned and be in the driver's seat of my own health. Thank you for this blessing!" ~ A. L. Exton*

"Bill and Gina, thanks for starting me on a new journey. As I continue to age, finding new movement to help me stay flexible, massage my organs, and help me stay healthy is ever important. I'm confident qigong will be a permanent addition to my health/wellness tool box." ~ D.C., West Chester

*"I truly believe these classes have helped me in my never ended quest to find harmony within my inner body. The techniques used are amazing in regards to the areas of the body that represent so much in your bodies well being. I would highly recommend them for people who just can't figure out where pain is coming from, and how to prevent pain from being a major part of your life.  
~ R. D., West Chester*

"I was amazed the amount of energy level I had after the the class and the upbeat feeling." ~ K.S., West Chester

*"I was suffering from severe neck and shoulder pain due to arthritis, bulging discs, and other afflictions of the aging process. The pain was constant and was intolerably present when sleeping or performing normal daily activities. Pain medications & cortisone injections did not relieve the pain. I had seen an orthopedic surgeon, two MD pain specialists, a rheumatologist, and had taken physical therapy. The prognosis I received was that I would either have to learn to live with the pain (which was not a viable option) or to have surgery to shave the bulging discs that were irritating the nerves in my spinal column. The thought of having surgery was not appealing. While the shiatsu and deep tissue massages I received from Gina Marks and Bill Bryan brought me much relief and I always looked forward to my sessions with them, the relief from pain was temporary. The day that Gina recommended that I enroll in their Qi Gong classes made an indelible change to my life.*

*As Gina said, 'What do you have to lose?'*

*About half way through the 10-week session, I found myself free from pain. It has now been five weeks without experiencing any pain. I am blessed to have met Gina & Bill and I am indebted to them for sharing Qi Gong with me. I faithfully do my standing eight pieces of brocade daily as well as the sitting exercises. I hope to continue learning more about Qi Gong and its healing powers. It is unfortunate that Western medicine has not embraced the non-traditional theories of improving health that have existed for thousands of years in ancient cultures. I highly recommend that others practice Qi Gong." ~ F. H., Exton*



*“Posturing for Health”, Class of Autumn 2012, Lionville Holistic Health Center, Exton*



*“Posturing for Health”, Class of Autumn 2012, Creative Healing Arts, West Chester*