

December 28, 2009

Karl Ardo
10537 Catterskill Court
Columbia, MD 21044

Dear Karl,

On behalf of Gettysburg College I would like to thank you for your incredibly interesting and "mind blowing" presentation on Qi Gong. The students in the First Year Seminar, Complementary and Alternative Medicine, really enjoyed your presentation, and felt that it was "one of the best, if not *the* best class" of the semester!

The students sensed your passion about Qi Gong and thought that you have very good "people skills". They found the entire class fun and very engaging. They really enjoyed the whole class and found it enlightening. They thoroughly enjoyed practicing Qi Gong, and appreciated the handouts. Some students continued to do the Qi Gong exercises and really like how it affects their day in a positive way. Plus, they LOVED your demonstration of lifting Jay in the chair!!!!!!

Here are a few of the comments that the students made on their evaluations:

"I am very intrigued with Qigong, and plan on continuing my exercises!"
"I was tired and sluggish before class. After the exercises, I was awake and alert the rest of the day!!"
"I couldn't believe the warmth that I felt between my hands."
"I am going to start reading the Tao te Ching."

I believe that many of the students felt very good and calmly alert for the rest of the day. Thank you for giving them the opportunity to experience a true master!.

I look forward to having you speak to my class during the Fall 2010 semester.

Sincerely,



Renee Lehman, MS, PT, ATC, MAc
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