



Testimonials



Longmead testimonials

As a ninety one year old, I highly recommend this yoga class. Now a year later, I feel less stiffness and aches and more flexibility and improved flexibility. What more can I say'.

Desmond.

'I am 85 years old and the yoga class is helping me improve my balance, etc. I enjoy the meditation and music that concludes the class. I would recommend anyone to join Peter's class'.

Hilary Page.

My name is Kay and I am 84 years old. My favourite day is a Thursday and I always love the yoga class. It has given me a lot of confidence and I would recommend it to anyone. My specialist was very pleased to hear that I attended yoga classes but felt it better if I could attend another yoga class. I find it very stimulating and am keen to get others to join the class. I find it very interesting as Peter will explain the reason and purpose for each move.

Kay.

I am Diane and I suffer from cerebral palsy and brittle bones. The yoga class helps me with mobility and flexibility. I was recommended to take up a yoga class by my physiotherapist. Meditation also helps. Great class.

Diane.

Peter is such a friendly and helpful teacher and also a good guitar musician. Every yoga class is most enjoyable. Shirley F.

We came to this class with not much hope. After two years of attending the class, we now have reason for much hope due to the instructor.

Mr and Mrs N Vijayansingham



MILAAP testimonials

This should be on the NHS for healing the mind and the body.

Chandra Shah.

I always look forward to attending the Ki Gong classes on a Wednesday. It helps me to relax and release all the stress.

Parames.

This exercise is improving my health and my body.

Yogeswary. S.

Very good class. It makes me happy.

Kamela.

I get a lot of knowledge by doing these exercises.

Juliet.

I feel very happy and at peace doing this exercise. I feel all my stress goes and I sleep very well.

Kamuven. 92 years old.

We enjoy ourselves very much and look forward to this class. We look forward to the classes when they are on.

Julie.

We look forward always to these classes.

Barbara.





Egham Achieve lifestyle Testimonials

This class has been wonderful. It makes me full of energy and would really appreciate another class in the week.

Maria Francis

Absolutely love this class. Hope you can add some more. Thanks.

Inguild S. Engen

Excellent class. Well taught, suitable for all ages and abilities. I make sure every week that I don't miss this class.

Eileen Evans

Great class. I don't like to miss a week. New way of exercising for all parts of the body and mind. Very supportive instructor.

Shirley Mclaurin

Excellent class. Great way of exercising. Have noticed a difference in my well being. Great instructor.

Sandra Jackson



Living Well Week 2017

25 September to 1 October

Activities, events and taster sessions

Including exercise sessions, poetry mornings, lunches, led walks, health checks and more!

Launch event 23 September

Abbeyfields Recreation Ground, 10am to 12noon

Information stands, family activities, refreshments

Visit: www.runnymede.gov.uk/livingwell

Telephone: 01932 425688

#LWW2017



Living Well Launch Event
Sat 23 September

A family friendly event to launch Living Well Week!
10am to 12noon
Abbeyfields Recreation Ground, Chertsey

 Bowls	Live music
 Dancing	Face-painting
 Tea & cake	Treasure Hunt
 Goodie bags	Xi Gong demo
Information & advice stands	

There's also...

'All About Taste' vintage tea shop
A historical tour of Abbeyfields at 10.15am & 11.15am by the Curator of Chertsey Museum
AND Free blood pressure checks. Why not book your free check (10 minute slot) by calling 01932 425688?

To whom it may concern

This is to confirm that Mr Peter Parker, director of Bright Beings Ltd., has been holding chair based yoga sessions at our social centre for the last 6years; first on a casual basis and then, in the last 3 years, regularly.

Peter's classes are very well attended and his loyal participants appreciate their time with him enormously. So much so that some club members make a point of attending the centre on Thursdays specially to attend the Peter's yoga sessions.

In his sessions, Peter uses music, laughter yoga and "Healing Life sticks" and I can honestly say that the difference in the participants posture and attitude after each class in almost tangible.

We are very privileged to have Peter with us and his classes make our club a beacon in preventative measures against depression in old age and consequently dementia.

Mrs Katayoun Thurlow

Centre Manager

Longmead Centre

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倫敦京士頓華人協會

Kingston Chinese Association

www.e-voice.org.uk/kca

Address: c/o The Searchlight Centre, Kingston Road, New Malden, KT3 3RX

11th June 2019

To whom it may concern

Peter Paul Parker

Kookhak Ki Gong + Breathing + Meditation

Kingston Chinese Association is very grateful for Peter Parker to demonstrate his Qi Gong practice which can improve mental health and reduce stress from mindfulness and movement.

Peter is an incredibly natural coach. His uplifting, positive and fun personality makes his classes easy to follow and enjoyable. The Qi Gong class involves breathing techniques, and ways for energy to recharge the body. The class delivered in concise and easy to absorb. The structure is clear even for member whose English is not their first language. Peter has obviously put a lot of thought and expertise into designing the classes. Our members find it very beneficial and the skills can be practised at home. Our thanks to Peter

Macille To
Kingston Chinese Association



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To whom it may concern,

TESTIMONIAL

Peter Parker qualified Ki – gong instructor started lessons at Milaap Centre in February 2019. Since this time, his lessons have remained popular among our members.

Milaap is a day centre for elderly people who need medium support. Our members are from various Asian backgrounds. They are in the age range of 55 to 95.

As a community support Centre, we always encourage our members to be active. Therefore, Peter's lessons are very important for them because he not only instructs our members as to how to carry out the moves, but also describes the benefits of the exercises to the human body. As to my understanding, it is not only physical exercise, but also mentally stimulating activity too. At the beginning of the lesson, participants are instructed to tap their whole body in a rhythm that is unique for Ki-gong. I believe this is very important for elderly people because they always move slowly. This activity helps to stimulate blood circulation and warm up their bodies. Even though the lesson duration is an hour, he allocates a few minutes for meditation.

At the end of the lesson, Peter sings with them while playing a guitar and most of the participants show their free dancing moves to the music. These lessons form a whole package of benefits for our members such as exercise, helps to release stress, anxiety, and provides entertainment. I know he has excellent presentation skills, as he managed to maintain everybody's attention, although he has to address people who are speaking different languages, and there is a wide age range amongst members.

Charities like Milaap are mainly supporting isolated micro communities in order to open a space for them to socialise within their own cultural societies. In addition, one of the best solutions to improving the mental and physical health of the ageing population is to provide these exercises. Milaap is proud to be hosting Peter's programme, which helps our members to live their lives safely, happily & healthily.

I would like to include some feedback from regular members about Peter's lessons.

Chandra is 60 and she has been brave enough to overcome post stroke disabilities. Since then she has been having difficulty judging distances. She said that "His lessons are well organised, individual needs oriented and they help to relieve stress and anxiety. She added further, I really enjoy the lessons and I don't want to miss any of them".

Nirmala who is in her 80 s', recently joined Milaap after migrating to the UK from Kenya to stay with her children. She said that Ki- gong is very useful, as it relaxes her whole body.

Thank you

Yours sincerely

Chalodya Kodikara
Activities Coordinator & Administrative Assistant

29th May 2019