

Here is what people have said about my Qi Gong Classes at HVCC...



“Maria has a pleasant, patient and encouraging demeanor. She is extremely knowledgeable of the practice of Qi Gong. She geared the class to everyone's individualized needs and ailments.”

“Maria is very energetic and entertaining. She is very good in showing the class the health benefits of Qi Gong. I learned so much about this ancient Chinese practice from her over the past 6 weeks. Her class never felt rushed. She took her time going over concepts and answering

students' questions. I will definitely be taking her fall course."

"Instructor is incredibly genuine, kind, professional, respectful, enthusiastic, sincere, knowledgeable, and loving! We need MORE of her!!!"

"I loved how the instructor explained the seasonal moves for summer and how she taught how each move helps a certain part of our bodies. I look forward to learning more in her next class."

"The instructor kept each week fresh with new routines and health tips." "I enjoyed everything, including Maria Patrick's thoughtful and dedicated instruction."

"I enjoyed everything! Maria is knowledgeable, well prepared, explains things thoroughly, is funny, compassionate, understanding...I could go on."

“Maria’s spirit made this class almost enchanting. She not only taught us Qi Gong, but incorporated a lot of other health wisdom and pressure points for people to self heal.”

“Maria was wonderful. She is so passionate about chi gong and making sure everyone in the class feels comfortable. She always gave additional helpful tips in each class.”

“I loved the class!!!! Maria was fun while teaching the most amazing class, she is the best instructor I've experienced from all of the courses I've taken at HVCC. I will take her next class and every one that follows.”

“I enjoyed the instruction and additional information provided.” “Maria made the class very enjoyable. I had wanted to try Qigong for quite some time and was happy to see it offered at HVCC. I learned quite a bit and hope to sign up again in the fall. Maria is extremely personable and is able to bring the participants together during the class. I felt very comfortable

speaking to her and fellow participants before and after the class.”

“I enjoyed learning the detailed information for each pose.”

“The course was very relaxing, positive, educational.”

“Maria was so knowledgeable about holistic self care, she was inspirational.”

“I loved this class. Maria is a treasure. She is so engaging and spreads her knowledge in a very gentle and comforting manner. I always left class feeling so much better than when I arrived.”

“I liked both the Physical/exercises plus learning about the purpose/philosophy behind Qi Gong.”

“Maria is a spectacular teacher! She's extremely warm and well attuned to each student in the room. She's engaging and does a great job

teaching each Qi Gong movement in the context of a story."

"Maria is fantastic as the Qi Gong instructor. Every week she highlighted new tips for health and nutrition, and every couple weeks we had a new routine which made things more fun."

"Maria is thorough in her guidance of the movements and she has an easy going, approachable demeanor that puts people at ease."

"I liked being able to attend the class in person. I loved the energy flow of the room. The instructor was sooo great."

"EVERYTHING!!!!!! She is amazing at what she does, I have never taken a course with someone so well prepared, kind and caring about everyone. I will continue with Maria until she stops."