

Stress And Wellbeing Testimonial

From Rohit Joshit

I was introduced to Ken through a friend and was new to the Qigong concept. Ken takes an educational approach to his practice and laid things out in very digestible concepts. From our first interaction, I was convinced I should seek more sessions from him. Over the course of my few months stay in Philadelphia, I went to 4-5 treatments. Those looking for quantifiable results need not apply. This is dealing with something deeper and more primal, at least in my opinion. The Qigong helped me battle stress and in my mind, reach towards balance. Ken is very knowledgeable and is a great guy - funny too. Go see him and give him a chance to change things in your world."

From Mario Saint-Fleur

For the first time, I had the opportunity to try Qigong Energy Healing with Master Kramer. I am someone who has tried yoga and hot yoga among other types of natural exercises. Coming in I didn't really know what to expect. Like many other people, I didn't really know exactly what Qigong Energy Healing was. And I know some people when they think of energy healing or anything similar, they think of something fake, or weird. But, going through the treatment, and experiencing it first hand, it quickly dropped my anxiety level about the treatment. It was a relaxing experience not only physically, but mentally as well. It also helped with the stress I experience from running my own business. For anyone who hasn't heard of it, or is considering it, just give it a try.

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