

"I have been taking classes with Seton for the last three years, learning a number of different Tai Chi/Qigong routines, the importance of mindfulness, as well as how important simple things like correct breathing, posture and walking are.

Seton does an amazing job at making everyone feel comfortable and at ease while she guides us through each practice. I am a big proponent of being in control of one's own health and fitness and over the last three years have learned what a fantastic tool these practices are for this. Thanks to Seton, Tai Chi and Qigong will now always be a part of my life. And as Seton has always stressed the importance of this being a community activity, I will also continue to share these worthwhile practices with friends and relatives." - Patrick

"I have experienced great pleasure and peace while practicing Tai Chi and Qigong with Seton. I think this is a terrific low-impact exercise that brings many benefits to our mental and physical health. I always feel rejuvenated after each practice session."

"I love the classes. I attend whenever I can and ALWAYS feel the benefits afterwards. Your music and the way you speak during class is both helpful (in guiding our breathing and movement) and relaxing" -Julie

"Tai Chi and Qigong are wonderful moving meditations enabling you to calm the mind and listen to your body. They are a valuable set of tools that you can use and grow with for the rest of your life." -Pat

"Your classes are great! Your dedication to, and knowledge of the subject is impeccable. You have taught me breathing and movement techniques that I thought never really mattered. I've learned how to really get in tune with the essence of me: my body, mind and soul. I'm now able to listen when my essences are telling me something. I've learned that channeling energy and focus on certain areas of the body can definitely help relieve pain, stress and tension. I've learned so many ways to respond to cries from my body, mind and soul whenever and wherever I may be." - John

"I have learned a great deal in your classes, so much so I have been implementing them into my daily life. The breathing techniques you teach in class have helped me tremendously during times of stress, headaches and pain. The modified movements you outline in class, for those individuals with restrictions, have enabled me to continue to benefit from the Tai Chi and Qigong practices. Your teaching method is insightful and easy to understand. I appreciate how you take the time to make sure everyone understands the movements, breathing and techniques associated with both practices. This enables newcomers to pick up the practices easily and without the stress of standing out in class. Your passion for passing on your knowledge and healing, stand out in your teachings.

I always feel rejuvenated, relaxed and more focused after class. It helps to combat the afternoon slumps that are often associated with our jobs. Fermilab is fortunate to have such a knowledgeable, caring and compassionate individual to teach these life changing practices."
- Valerie

"I don't get to these sessions as often I would like but each time I do get there I leave feeling relaxed and energized. I like that you add new things to the sessions regularly. This keeps it all fresh and adds some challenge. The pace at which you teach new practices is very good and I also appreciate that you give us ample opportunity to ask questions and give input. " - Lisa