

TESTIMONIALS FOR BOB FERRY

Why have I been going to beginner yoga at the YMCA for the last five years? Because Bob Ferry is such a fantastic teacher! In fact, most of students in the class have been attending beginner yoga for years. The yoga students also attend the regular class on Thursdays. Bob's gentle approach to yoga just makes everyone feel better. As a yoga teacher for over twenty years, Bob knows how to bring out the best in his students. By the end of each class our cares and worries float away. His flute playing skills during meditation is a wonderful gift to the students.

Patrice K.

Bob Ferry has been my Adaptive Tai Chi for Multiple Sclerosis teacher for the past 4.5 years. With my initial balance issues, he was able to have me stay in a chair and work my way to a standing position. In the same way he works with other people who come to the class in other stages and knows how to adapt the whole class to fit everyone's needs. He is a great teacher and always brings new forms to the classes. This keeps the class fun.

Brent M.

My Tai Chi / Qi Gong class with Bob Ferry has become one of my favorite activities each week. He is an excellent instructor and is extremely patient with every student, from the absolute beginner to those who have some experience. He welcomes questions from his students and will often answer them with his droll sense of humor. I highly recommend his class and I am confident you will enjoy the time you spend with him.

Linda S.

I have been taking Bob's Tai Chi class since January 2016. I thoroughly enjoy his class and I have seen considerable improvement in my balance and coordination. Bob is a very kind, spiritual and inspirational teacher. He is one of the people who inspired me to become a Yoga Teacher!

Cindy R.