



感谢丽凤师姐这两天的陪伴与教导

给人们带来希望的团体

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赶紧抓住机会向蔡老师发出提问。



恩遇见一个给人们带来希望的团体。

看到老师、志工们为返老还童付出的努力与坚持，我心里很感动。也因为能体验这样的养生方式而感到欣慰。

返老还童功法是蔡良安老师，根据中国古代道家的养生法及古印度瑜伽呼吸法，并结合现代的人体工学而设计出来的一套功法；真是太神奇了。

因为我相信我们的身体虽然是脆弱的，但却充满了奇迹。

最后要感谢我的妈妈王宝英教练，让我有这个机缘认识返老还童功法。

Grateful to meet a group that gives hope to people. It touches my heart to witness the amount of effort and perseverance put into Infinite Youth as a teacher, volunteer and member. It is a privilege to welcome and experience such alternatives in health keeping.

It was magical when Master Tsai dive into the history of where he gained the knowledge in creating our exercise because I believe our body is fragile yet full of wonders.

Lastly, I want to thank my mum for introducing me to infinite youth.