

Re Alan Tinnion, Dr of Acupuncture and TCM (October 2010)

To whom it may concern,

I have known Dr Alan Tinnion for over 8 years and in that time have studied Tai Chi and Chinese Arts and meditation and exercises based on systems developed over many thousands of years.

You will have heard of mindfulness and the therapeutic value of a peaceful and relaxing mind and body. Alan has shown a mastery of these techniques in his classes. He has also shown an individual approach which blends East and West and is very aware of modern medicine and health issues.

He advises people on the course on a personal level and uses every person's name showing his good memory and approaches each person with a caution if necessary, if say there is a personal health issue such as knee or back pain.

Every person in class applauds the discipline and social atmosphere as well as the health gain in both mental and physical health.

I fully support this valuable and precious resource and am willing to discuss the matter further as necessary.

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