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To whom it may concern

It is with great pleasure that I recommend Dr. Paul Lam for a TED talk.

I am a Physical Therapist and Tai Chi and Qigong teacher in Switzerland and I have been working with Dr. Lam in Tai Chi for Health since 2003. I was very honored to become one of his Master Trainers in 2010, which gave me the opportunity to work closely together with him, spread the Tai Chi for Health programs in Europe and get to know him better. I really enjoy my working together with him and I came to know him as an incredibly inspiring man with a vision. His knowledge and expertise as a western medical doctor and his experience as a Tai Chi Master make him an expert in the field of Tai Chi and Health.

As a PT I share Dr. Lam's vision to empower people to improve their health and wellness. He does this by making the ancient martial art Tai Chi accessible to everyone; giving as many people as possible the chance to practice and enjoy Tai Chi for health and wellbeing.

Dr. Lam and his Tai Chi for Health Institute have already touched and enriched the lives of millions of people all over the world and I think a TED talk from Dr. Lam will give even more people the chance to be 'empowered to improve their health and wellness'.

Kind regards

Ellen Reitsma