

Testimonials for Ramel Ronés

"Working with Rami for the last five years helped me repair a debilitating back problem, and definitely gave me a better quality of life. I highly recommend and encourage people to learn and follow Rami's program."

– Larry Lucchino (from his testimonial), President and CEO of the Boston Red Sox

"Across the broad spectrum of health, Ramel's understanding & teaching of Tai Chi & mind/body/ spirit exercises makes an important contribution to humanity."

– Miriam E Nelson, PH.D School of Nutrition Science & Policy Tufts University, Author of the best-selling book: Strong Women Stay Young

"In my own experience working with Rami, I have learned so much about how to lead a balanced life while coping with a challenging, potentially life-threatening illness. (and)... I have learned how to energize my life, deal with stress, and stay healthy."

– Cathy Kerr, Instructor, Harvard Medical School

"Deeply versed, passionate, and informed, Mr. Ronés is a committed and caring teacher of the Asian mind / body arts, including Qigong, Tai Chi, and Yoga."

– Ted Kaptchuk, Harvard Medical School, Author of The Web that Has No Weaver