

## 2015 Testimonials

10/10 - The quality of the MBSR course comes down to the quality of the teaching and Bridgeen is 2nd to none.

Mindfulness is no longer niche and this mental workout will be as common as going for a jog in the future. Read the science and go for it! Sounds like a cliché but it is life changing.

Anonymous, Belfast

It has helped me to notice how I feel and to accept my emotions. I still have difficulty with stressful events and conflicts but I feel its getting better. Keep doing this! You have helped me accept my emotions.

Helen, Belfast

10/10 I've given this rating as this course taught me something way beyond the technique of meditation -it made a shift for me in terms of how I think of myself and how I relate to the world.

Anonymous, Belfast

10/10 in my view it has been life transforming both in terms of my physical and psychological wellbeing - excellent! Bridgeen is a very good facilitator and brings a good balance of interest in attendees and a disciplined approach to completing the course. Thank you!

Paul, Belfast

10/10 - The course has helped me to manage my emotion and calm my thoughts. I'm feeling very hopeful about staying off my anxiety medication and have a plan for the future.

The silent retreat was lovely and the way it was such a caring course and a safe place. Thank you Bridgeen you've been a great help to me. It

Anonymous, Belfast

10/10 - This course has given me time and space to reflect on my life and also give me the skills to reduce my stress and be present. Thank you.

Hanora, Belfast

It has turned a passing interest into something I'm really enthusiastic about. Thank you.

Anonymous, Belfast

It's been invaluable, not just for me, but for the friends and family I'm able to pass the practice on to. It's a life changing course and game changer. Thank you.

George, Belfast

Bridgeen you are a wonderful warm hearted, energetic teacher. Thank you x

Anonymous, Belfast

The course was hugely helpful – delivered what I wanted and more. I'd like you to know how good you are! Thank you!  
Anonymous, Belfast

Very helpful, insightful and inspiring. Professional and passionate teacher. There were big changes for me at work and at home, with this course I was able to tackle things I was putting off or trying to avoid. Really enjoyed the course well structured and thought out.  
Anonymous, Belfast

10/10 The course is fabulous, fulfilling and potentially a life saver! I have become a more patient, mindful, happy and less agitated individual. This was my aim and I am ready to take on the world again!  
Danielle, Belfast

10/10 It has been fun, the light bulb moment of awareness! Well put together, well explained. You are a wonderful human being, keep being happy!  
Veronica, Bangor

10/10 The course provided so many invitations/opportunities to learn varied techniques – a safe place to be. More please and thank you for your wisdom. It's not rocket science but it is so priceless – anyone can do it!  
Pauline, Lisburn

It has helped me stop and enjoy each day. I have learnt that I don't have to change things in my life. Just how I respond to them. It's very obvious Bridgeen loves her work and her dedication and happiness is amazing.  
Christine, Belfast

I found it gave me a lot of helpful tips. It was good to share and relaxed tutoring style. I loved the day retreat and mindful movement. A thought provoking course that was good fun and chance to meet others.  
Alison, Drumbeg

Thank you for doing what you do! You can be sure that you are a life changer for all of us!  
Anonymous, Belfast

10/10 – Each exercise was beneficial for me. Thanks for an awesome course!  
Anonymous, Belfast

10/10 I was very stressed and in a turbulent time of circumstantial change when the course started. Though along the way I did doubt at times if the practice would work - I did gradually feel that I can only describe as a 'buffer of equanimity', a softening of my response to life events. This has been very positive for me.  
Ingrid, Belfast

I went to this course with no idea what to expect and I thoroughly enjoyed it. Didn't really want course to end which I didn't expect to feel.  
Pat, Belfast

10/10 Awareness of how the mind works. Awareness of importance of taking care of it, tools and techniques to help cultivate mindfulness and include meditation in my daily life. The course was delivered in a very natural and practical way without any BS! Bridgeen's knowledge (depth of) is always very evident and inspiring.  
Anonymous, Greenisland

10/10 I loved this course because it allowed me to 'stop & breathe' and its ok to feel compassion for myself after a tough few years. Thank you - it has been hugely beneficial to me!

10/10 - I learned a lot about this wonderful practice. Thank you I really enjoyed it!  
Anonymous, Belfast

10/10 - I learn so many techniques and tools which will be so useful. Bridgeen's relaxed and cheerful style was infectious. The course was thoroughly enjoyable yet challenging!  
Anonymous, Belfast