

Extern Drumalis Mindfulness Retreat – Feedback

29 & 30 January 2019

Typed directly from attendee's comments. Over all the feedback is that the two days were extremely positive and beneficial.

1. Having some space, time to myself. I always surrounded by clients, family etc. Good to have time for me to breath and relax.

~Grainne Doherty

2.

- Feeling relaxed
- Beating a lot better than when I've meditated before.
- Meeting the others in the group.
- The walks
- The calmness over the 2 days.
- Surviving without my phone.

~Kyren

3.

Loved the whole experience in beautiful surroundings. Tutor was lovely, gave me time to think reflect and be very thankful, being quiet was amazing. I gave it a go and got so much out of it. The first session when I went I so content and slept like a baby, also not bothering with my phone was easy on my mind. Would defo recommend would love to do it again.

~D. Bates

4.

First day.

Enjoyed feeling calm and peaceful.

Slept really well.

Lovely to meet new people.

Beautiful surroundings.

Learn new tools to use in my life

~Anonymous

5.

Learning new ways to incorporate mindfulness into our daily lives.

The dancing 😊

~Ciara

6.

Was lovely having some time in working week to focus on myself but also learn skills I can transfer into work.

I really benefited from the body scans and feel this is something I can take away and do in my personal time.

Loved being silent in walking – helped me focus in on my senses.

~Anonymous

7.

Informative

Good resources/tools

~Anonymous

8.

Taking time to 'stop'

Enjoyed body scanning and focusing on breathing to clear your mind.

Techniques that I can use with service users that are stressed, anxious, mental health issues.

~ Anonymous

9.

Time to stop

Be content

Calmness

Poems

Meditations – being able to do these at home

The peaceful sleep I had on Tuesday night.

~Sharon

10.

Mindful walk

Smells, nature noises

Time to stop

Visualisation

Food

Silence

Meditation

dance

~Martina

11.

Time for still, calm, peace, me.

Thankful reflection

Self-awareness and learning for both personal and professional practice

Mindful eating

Great teacher and group!!

~Bryan

12.

The comfort of your voice spoken and sung. The register of the bell.

Comfort, compassion togetherness

True 'otherliness' myself apart

Your smile, your respect, your perfect timing on our days
The flow of the experience
The setting/environment
Ginger the cat
The walks
Gifts of the moments were plentiful!
~Patricia M

13.

learning new techniques to cope with daily life.
I'll be using the tools and making sure to take a break/breath
Making new people, being present in the moment,
Being present in nature, near the beach, allowing myself to be able to breath, relax, unwind
and also supporting some members of the group.
Appreciating being giving so much love, compassion and kindness over the two days.
recognising that I have been out of touch with self and nature.
~Roisin