

2017 MBSR Testimonials – these comments are copied from the feedback sheets I gave participants on the last night of the course. Most people don't put their name on the sheets hence anonymous – but they are all real genuine comments I keep every evaluation.

“10/10 It's reduced my stress levels and taught me how to enjoy the present more. It was all brilliant, the course is great, thank you so much ♥.”

Anonymous

“10/10 I was in a very dark place when I started and didn't know how to help myself. Dr Mark Conaghay who I was attending for cognitive therapy recommend the course to me. So, while I am not out of the woods yet I can see light at the end of the tunnel and hopefully I won't let it go out.

Thank you, you have really helped me. Hopefully I will attend more of your courses.”

Anonymous

“10/10 – excellent course, delivered brilliantly. Really benefited from it. The day silent retreat was powerful, well planned and still benefiting from it!

Loved it all will highly recommend – keen to do another course. Thank you. ☺”

Anonymous

“10/10 Transformative course. I had such a wonderful time (it really was life-changing!), I would love to do the MSC course in May!”

Anonymous

“10/10 I have enjoyed every single thing about this course! At the beginning it was difficult to actually 'breathe'. I found that I was getting anxious. Now its easy to centre myself with a few simple breathes. Thank you Bridgeen, I endeavour to keep this going every day of my life. I will come along to future workshops/courses.”

Anonymous

“10/10 I loved the affect it had on my being. Thank you Bridgeen.”

Anonymous

“10/10 the course exceeded my expectations. Content, delivery was relevant and beneficial. I am now more aware of thoughts, feelings experiences. Many thanks!”

Anonymous

“8/10 I feel relaxed and comfortable and compassionate. All went well I love the venue. Important to let participants know that if they are triggered or have chronic stress they should see k help from a therapist.”

Clive, Killinchy

“8/10 The weekly classes have really helped my stress levels. The silent retreat really helped me push my practice. I love how authentic you are as Northern Irish woman teaching this practice. Great weekly notes and great choice of men v. women ratio.”

Chris, Lurgan

“7/10 I enjoyed the course and learnt a lot from it. I intend to continue the practice. It was most meaningful to enjoy the retreat and open to the wonders of the every day. Thoroughly enjoyed it and hope to continue this to improve my physical and mental wellbeing”

Anonymous

“7/10 is a good score the course was beneficial and enjoyable. At the beginning it was difficult for me to be with people. But now I feel a lot better with people. The course is taken out of love and care for the human race.”

Anonymous