

MBSR March 7th 2018 Course Evaluations

10/10 “Whilst I haven’t always been the best student, this course has been so helpful in so many ways: learning to stop and breathe and be in the present moment. The retreat was the turning point for me – it all just clicked and I understand why it is important when I was so productive for the two days after it.”

9/10 “Full marks if I had been a better student!”

9/10 “The course kept the practices going and I have lowered my stress. The stretches and exercises before sitting were most meaningful to me. Bridgen you were an excellent facilitator when group members were sharing – always staying positive.”

10/10 “Professional teaching by a teacher who I felt was completely devoted to her practice. Self-compassion and the art of breathing were most meaningful to me. I want you to be aware of how good you are and to thank you for your devotion and enthusiasm!”

10/10 “I feel much more able to deal with my intrusive thoughts and negative feelings about myself. That ideas that ‘Practice is for practice’; ‘things are as they are’ and ‘thoughts are always transitory’ were most meaningful to me.” Fred, Newtownabbey.

10/10 “The course has really changed the way I look at things. Learning how to deal with thoughts was the most meaningful to me.” Tadhg.