

*Testimonials from 2018 6-week Mindfulness courses at Lighthouse
Duncairn Garden's, Belfast*

“This course was so helpful to me as I was at a very low point in my life. It turned me around after the death of my stepson through overdose. Mindfulness and breathing were a big help to me in the difficulties that I get from anxiety. Bridgeen thank-you very much for helping me through my pain and anxiety.”
S. McManus

“Six weeks ago ‘Mindfulness’ was an unknown to me. Six weeks later I now have an understanding of mindfulness and, while I’m no expert, I’ve enjoyed the opportunity to explore meditation and put it into practice and intend to try and continue with this. Thank-you to Bridgeen for the support and understanding during our course.”
Gerry 26/2/18

“The course was very useful and I found myself looking forward to coming on Mondays...After one session, I felt automatically better. My background levels of anxiety...fell to zero and I have felt better than I have for a long time...I feel for me it was more beneficial than medication and therapy. As such, I strongly believe that this course should be a regular part of the tool box for mental health...I want to finally recommend Bridgeen, she is an excellent teacher – personable and professional.”

“[The course] helped me slow my thoughts; relax easier; was easy to understand; was at a good time for people who work. It was good to bring men together. Six weeks is not enough.”
David

“The mindfulness class really helped me come into the present moment and to see and feel what goes on around me for the first time in a long time. I would most definitely recommend the class to others who are feeling stressed.”

“ I have to say to Light House, thank-you so much for giving me the opportunity to attend mindfulness. It’s been the most amazing and useful thing I have every been taught.” Paula.

“This course has completely changed my life! Bridgeen is the most amazing person! I now practice mindfulness on a daily basis. It has improved my self-esteem and confidence and given me a new way of thinking about my life. I am a calmer, happier person. I would really recommend this course. Thank-you Bridgeen, Lighthouse and all the girls who took part.”

“Really enjoyed the course. It showed me how to use my mind in a different way.” Annette

“The course was powerful, fun, sad, mind-blowing – but in a good way! I learned so many useful tools to help me in my life, especially breathing for anxiety and learning to live in the present moment. The course made me realise the moments I have been really missing out on – powerful, quality moments. I’m much more aware of the present now and to enjoy life in it. Overall a great thing to learn. I will live with mindfulness in my life everyday now.”

“The class was really helpful. I have learned new skills to help me manage my stress levels I have learned to put mindfulness tools into my daily practice. I would definitely benefit from more mindfulness classes.”