

## ***MSC Feedback***

10/10 “Affectionate breathing and self-compassion meditation were the practices I’d be most likely to use in the weeks and months ahead. I would recommend this course. It was all good.”

10/10 “The self-compassion break, soothing touch, sense savouring walks and soles of feet Meditation were all the exercises I will most likely use in the weeks ahead. I would highly recommend the course – everything was excellent! All of it went well – a really enjoyable experience. “

10/10; “I enjoyed a whole range of activities in the class that I would hope to use in the weeks ahead: affectionate breathing; compassionate break; loving kindness for self and others; embracing difficult emotions; warm soothing touch; mindfulness/self-compassion in the every day; compassionate bodyscan; vow. I will definitely be recommending this course to others and I think it will continue to be very beneficial to me in the future. Excellent use of material to support teaching and the teacher paced lessons effectively. The group discussions were very useful and the videos really added to the course and stuck in my mind. The time we spent doing the various meditations was really enjoyable. An excellent course – it would be difficult to improve on it as it was presented to us. Thank-you very much. xx. ” Máirín

10/10 “Giving and receiving compassion, soothing touch and loving kindness for a loved one were the activities I’d most likely continue to use in the months ahead. I would completely recommend the course...I felt it got me into all the different practices quickly. The benefits are amazing. I really enjoyed your style of teaching, letting us all speak to share in our time. Find your meditations so soothing. Loved the variety of practices. Enjoyed the small groups, the discussions, safety and confidence of the group.” Ciara Quinn.

8/10 “The affectionate breathing, the vow were the practices I’m likely to continue to use in the coming weeks. I will recommend the course to all since I have improved for the better in my compassion to myself. All of it went well – the meditations especially. “

9/10 “I will be trying all of the exercises and practices again in the coming weeks. I will definitely recommend the course. I really enjoyed the retreat.” Mack

9/10 “I liked learning to be happy, safe and live with ease. I will continue to use the Loving Kindness meditation. I will recommend the course. There was great benefit in the group experience. I thought having weekly emails and contact with each other really helped.” Maighréd

10/10 “The techniques of compassionate friend, loving kindness and giving and receiving compassion are practices I’ll continue to use in the weeks ahead. I will very likely recommend this course for teaching us that we can love ourselves. I thought everything went well – it is perfect as it is! “Jacqui

10/10 “The self-compassion break is the practice I’m most likely to continue using in the weeks ahead. I will happily recommend this course. It all went well and the retreat was my favourite part.” Hilly

9/10 “Feet on floor, moments of suffering breathing are practices I’m likely to continue using. I will recommend the course. I loved it – there was a nice atmosphere created by Bridgeen. I thought the exercise of putting hand-on-heart went well plus developing the will to continue to practice mindfulness on a regular basis.” Sharman

8/10 “ ‘Compassionate friend and to be self-compassionate’ are the practices I will continue using. I will recommend the course as I feel it was really helpful. All aspects of the teaching were good and the whole course and its structure went well.”

10/10 “Affectionate breathing, bodyscan, friendship visualisation meditation, vows are all things I’ll continue to use. I would recommend this course, and have done. The course was brilliant – I got out of it what I expected and I found out about myself.” Hilary McHenry

10/10 “I would highly recommend the MSC course. I will continue to use giving and receiving compassion, loving kindness for a loved one, living with a vow and self-compassion break. It was extremely well-delivered and all of it went well.” Nuala

10/10 “Living with a vow and compassionate movement are things I’ll continue to practise. I would highly recommend the course. The group went well and worked very well together. There was amazing energy. I thought it was amazing!”

10/10 “I have loved this course and would definitely recommend it. I’ll continue to practice compassionate breathing and the self-compassion break. I am learning to love myself and living more authentically through it. Learning what my core values are and cultivating them was the thing that went best.” Joanne

10/10 “I will very likely recommend the course and have already done. I loved the teacher and I really, really wanted to forgive myself and I have!” Denise

10/10 “This course has been amazing and I would highly recommend it. It has given me tools to go forward and as an emotionally stronger woman.”

10/10 “This was an excellent course, very enjoyable. I will use exercises like self-compassion break; loving kindness, working with difficult emotions and mindful walking in the weeks ahead. I felt that combining self-compassion with mindfulness practices went well.”

10/10 “Wonderful teacher – very inspirational. It went very well and could not be any better.”

10/10 “I would recommend the course. I’ll use things like affectionate breathing and compassion breaks in the weeks ahead. There was a good mix of practical exercises and theory – also good follow-up material for homework.”

10/10 “Would definitely recommend the course. I loved it and want to do more of it! I have gained lots of tools to help me now – like compassion break, giving and receiving compassion, the sense and savour walk, dealing with difficult emotions – are things I’ll continue to use. I loved the retreat.”

10/10 “I would definitely recommend the course. There were great people and the retreat was great too.”

10/10 “I really loved this course and would recommend it to other people. I’ll continue to use exercises like giving and receiving compassion, loving kindness and soften and soothe in the weeks ahead. I really loved the course and Bridgene was an excellent leader. Our group really connected and we agreed to meet up regularly. I’d like more of the same.”

9/10 “It is all perfect and I would recommend it. It all went well.”

10/10 “ This course was profound and powerful. It helped an upwards shift in my perspective towards caring for myself. I feel I now have the tools to care for myself in difficult times and halt the downward spiral of emotions that would have happened in the past. It truly is life-changing and life-empowering.”