

Maitri Testimonials 2018

– I've been running this workshop from May 2014 but only just started to ask for volunteers at the end of the workshop if they would like to write something to let you know why you should also join one of my Sunday sessions 😊

15 February Mindful Self-Compassion workshop at Maitri Studio, Belfast

"Such a relaxing experience and learned so much. Definitely practices that can be applied in everyday life. Thank you!"

"I really look forward to the 2 hour class on Sunday morning – it flies in! Bridgeen is so good at guiding us through meditations and its lovely to be mediating with others. I love the variety too – some dancing around and relaxing exercises too. The opportunity to talk uninterrupted for a few minutes, and to listen to a partner is very liberating. Love the poems and songs too!!" Linda xx

"I loved the tip of dancing to a song every morning. Thanks for letting me and helping me be all by myself and together at the same time in such a mindful way." Pedro. 15/2/2018

29 March Mindful Self-Compassion workshop at Maitri Studio, Belfast



Errol Selfridge

I really enjoyed sundays workshop the best 2 hour's relaxation ive had in a long time. And an absolute pleasure listening to your wisdom in mindfulness. Thank you for the deeper insight. Sending loving friendliness your way 😊

1 w Love Reply Message



"I really enjoyed today's mindfulness workshop. I tried yoga and mediation before, but this was something very different and special. It was great to take time out of my hectic and stressful schedule to relax and be mindful. Thank you Bridgeen. Will hopefully see you again soon a retreat or an 8-week course!" Andrea Murphy

"I loved this workshop. A great introduction to mindfulness and I felt really good and restored afterwards". Anne R

"Bridgeen, I love the mix of relaxing meditation and getting up and moving that you have going in recent classes. Also that it suits complete beginners and those more experienced in meditation. See you again soon." x

“Thank you so much Bridgen it was just what I needed.” Valerie