

8 week MBSR course evaluation March 8th 2017

10/10 “The course exceeded my expectations. Content, delivery was relevant and beneficial. I am now more aware of my thoughts, feelings and experiences. Interaction with other group members was most meaningful and I really valued the poems. Many thanks!” Stephen.

9/10 “The course was life-changing and the Day Retreat was most meaningful. I would want nothing different!” Christine

8/10 “I enjoyed the course. I wasn’t super-stressed to start with but lovely to explore the present and connect to self. Learning about self and being less critical of self were the most meaningful of the exercises. Thank-you!” Claire Evans

8/10 “I feel relaxed, comfortable and compassionate. The meditations and interaction with others were most meaningful. It all went well and I love the venue.” Clive

8/10 “The class really helped my stress levels. The silent retreat really pushed my practice. I loved how authentic you are as a Northern Irish woman teaching this practice. Great weekly notes and a great choice of men/women ratio.” Chris

7/10 “I enjoyed the course and have learned a lot from it. I intend to continue the practice. The idea of enjoying the moment and opening up to the wonders of the every day were most meaningful. Thoroughly enjoyed it and hope to continue to work to improve my physical and mental well-being.” Adrian

10/10 “I was in a very bad place when I started and I didn’t know how to help myself...I am not out of the woods yet but can see the light at the end of the tunnel and hopefully I won’t let it go out. Learning to clear my mind and finding out that I am not going insane was most meaningful...Everyone on the course was lovely and all gelled together very well. Just thank-you. You have really helped me and hopefully I will attend another of your courses.” Paul J.

10/10 “Excellent course, delivered brilliantly. Really benefitted from it. The day’s silent retreat was powerful, well -planned and I’m still benefiting from it! Loved it and would highly recommend – keen to do another course – thank-you!” Caroline Steele

10/10 “ A transformative course!” Kiera

10/10 “ I have enjoyed every single thing about this course! Meditation and group talks were most meaningful. Thank-you Bridgeen, I will endeavour to keep this going every day of my life. I’ll come along to future workshops/courses. “ Anne-Marie

10/10 “I loved the effect it had on my being. The stillness and other people’s stories were most meaningful. Thank-you Bridgeen!” Brendan