

The pace of the course, the mix of teaching-totally embraced balance, heal, transform, felt held, contained, safe, respected, valued

This course goes deep, providing the solid foundation and building blocks for truly working on loving/relating to your self and then others. It is safe, boundaried, and professional, facilitated by 3 amazing individuals- wise, creative, intelligent who practice and embody what they teach!

This course is down to earth, practical, showing us the light. M

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Change Nothing!

Most emotionally safe I have ever felt in a group and most 'met' intellectually with topics unpicked thoroughly and clearly. F

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All aspects of the course was useful, especially the experiential aspect of the practices and insights.

I loved the retreat, group process and dynamic, free time for swimming and walks etc

I sincerely appreciated the intensive format of the course, it helped to deepen and enrich my learning.

The trainers were informative and supportive.

I would highly recommend it. L

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I felt completely safe. The whole experience was nourishing and growthful. The course was presented with clarity and humour and attention to detail was second to none. Many thanks!

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I arrived at the centre feeling depleted and exhausted. Each time I practised the exercises, I discovered deep healing.

This MSC Intensive course has shown me the power of actively loving yourself in a deeper way.

By giving myself compassion I am more able to feel compassion for others. B

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The course was well structured with space, good breaks, and movement helping us to integrate the work.

I liked the fact there were 3 facilitators which helped to make it more interesting and the poetry was beautiful.

A wonderful gift to the Self

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I have felt really held on this course for my time here.

Everything was done well- timeout, music, poetry, ease.. and all with beautiful energy and compassion of the group and facilitators. T

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Venue: Amazing venue and location.

It allowed me to fully engage in MSC practice given the beauty of creation around.

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Facilitators:

I loved what each of the facilitators brought to the course.

Anne and her strength, wisdom and deep loving compassion for the work and us as a group.

Brenda for her depth of creative knowledge and spiritual practice.

Fionnuala for her tender and gentle way of sharing and teaching the work.

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This intensive MSC course was a fine balance of information and experience without being overwhelming.

Anne, Fionnuala and Brenda were knowledgeable yet available. I loved every moment.

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I really liked the creative elements-dance and poems.

I really, really felt supported-that was so well done.

A very rounded course with everything that could possibly support wellbeing.

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I really appreciated the “settling in” part of the group and also the way we all engaged in the “ground rules” planning. It helped me to commit to really practicing them in a genuine way.