

2023 Participant Experiences

“A deep and healing experience that has re-awakened in me my ability to care and love myself”

“I have attended a number of courses in the area of self-development-none as nurturing as this one: taming the critic and falling in love with oneself, learning to be my own best friend..all in a beautiful setting by the sea.”

“I have learned so very much..I came to heal and to learn how to sustain self-compassion and MSC in my life. I’ve experienced incredible strength through the support of the facilitators but mostly from all of us together in human companionship, love, witnessing, and so much fun..”

“As an experienced therapist I would highly recommend this course for everyone. I got so much out of it that I hope will enrich my life”

“A lovely gentle week of pause, learning, reflection and nurture. Time seemed to stop, I was immersed in a cocoon of warmth, peace, love and tranquillity that allowed me to learn, go where I needed to go and determine my own pace. With love, thanks, and light.”

“I witnessed MSC live in action which inspired me and gave me courage and motivation to integrate this amazing practice into my life. You have strengthened my connection to our common humanity. “

“The residential MSC Intensive is a wonderful gift to myself that I will treasure and use to find joy every day no matter how small, in my life.”

“My deepest appreciation to the expert facilitators for creating and maintaining such a safe and supportive environment as well as guiding me through the wide variety of practices and exercises and empowering me to focus on my own personal growth and self-discovery. I loved this course and having completed the week I already have a lighter and happier heart.”

“Lovely flow between the facilitators, sense of presence, pace, holding was very strong. Appreciated the honesty and sharing of struggles by the facilitators.”

“Excellent in every way and such a gift to myself to be able to complete this course in such a beautiful place with such wonderful people.”

“This retreat is an oasis in a desert. I didn’t realise how ready and thirsty I was until I was presented with an abundance of food for the soul and spirit.”