

## **MINDFULNESS FOR HEALTH & STRESS 8 WEEK & ONE TO ONE COURSE TESTIMONIALS**

*"I found the course very valuable to understand that I am not alone and that there is a better way to approach having pain".*

Mindfulness for Health January 2015

*"The course supported me to be aware and accept where I am with my pain and this in turn helped to connect to myself and others".*

Mindfulness for Health January 2015

*"Daniela has a loving and accepting personality and was truly able to connect with everyone in the group".*

Mindfulness for Health January 2015

*"Over the eight weeks, the course helped me to open the "magic door" of acceptance and self-compassion".*

Mindfulness for health April 2015

*"It was great to discover how the meditations helped to let go of being overwhelmed by negative thoughts. This allowed me relax into my anxious state and be more at ease, especially at night".*

Mindfulness for Stress October 2015

*"Daniela is a very clear teacher, has a good pace and is very compassionate. I felt supported and inspired to integrate the meditations at home".*

Mindfulness for Stress October 2015

*"Learning how to use the breath as a tool to connect with the pain, and to alleviate the effects, has done wonders for me. Thank you".*

Mindfulness for Health April 2015

*"I have really enjoyed the course, I can let go of my negative thinking much easier and my family tells me I am much better to get on with. Thank you so much".*

Mindfulness for Stress October 2015

*"The course was well-structured and paced with plenty of personal and group support. I would certainly recommend it".*

Mindfulness for Stress March 2015

*"I found practicing the meditations at home really made a difference to my mood. I feel more positive, calmer and take less pain killers. I found the course helped me to get in touch again with the joy of small things".*

Mindfulness for Health April 2015