

## TESTIMONIAL FROM THE SPRING 2022 RETREAT

Dear Michael,

When I went on the retreat, I was still suffering with extreme tiredness from Covid and didn't have the courage to return to my regular practice. I have a sense that post Covid, some of us are left with a bit of a gloomy outlook. The retreat was a really safe space in which to practise and explore my limitations. Naturally, I had energy dips over the weekend but, thanks to Michael and Liz's guidance, I came away with a good understanding of what I could do in my daily practice as well as things to avoid while I was recovering. In the days following, my energy levels really improved and within 2 weeks I felt much better. The key seemed to be the gentle approach to the asana, maintaining the balance between steadiness and ease, and keeping my focus on directional breathing - the breathing technique, in particular, has been very helpful. Thank you, Michael and Liz. Jo F.