

TESTIMONIALS FROM THE SPRING 2017 RETREAT

Dear Michael,

Thank you so much for a wonderful and inspiring weekend. It was just what I needed and returned recharged, renewed and full of joy. Both you and Liz led us in a safe and relaxing space which certainly helped me enormously in finding a new dimension to my practice. Jacqui M.

Thank you so much for a wonderful weekend. My personal practice will be greatly enhanced by the things you and Liz shared with us; I can't find the words to express the gratitude I feel. Emma B.

Thank you so much for a lovely retreat this weekend! It's always good to take time out to focus on these important things - and I had the bonus of spending time with old friends, and making new ones. Janet G.

A big thank you for a really good weekend. You and Liz are excellent teachers and I love the breadth of your knowledge and the way you pulled it all together. It is so good for me to spend time re-visiting both the familiar and the unfamiliar and getting a different perspective - it helps motivate me with my own practise. I like the sense of fun you both have and your lightness of touch. Jane S.

I had a great time at St Katharine's. It was fun as well as nourishing on every level. What a great bunch of people. I've come home inspired, thank you. Maggie S.