

Unsolicited Testimonials from our May 2016 Retreat:

Many thanks to you and to Liz for a very profound, sharing weekend. I hope that you will carry on with these deep study retreats for many years.

All the best, Julie x

Thank you again for such a great retreat this weekend. I really enjoyed it - I was pleased to do chanting again and do get so much from practices which involve using it. I have taken away notes of the practices you took us through and will use them for myself.

St. Katharine's was its usual peaceful self, all adding to make a restful yet invigorating experience. It is particularly special that, being able to work with you (and fellow students) over a number years at retreats, it always feels to me (and is!) like getting together with old friends - long may it continue.

Many thanks to you both for the effort you put in to making a special weekend.

Namaste, Sarah

Thanks also to you and to Liz for another wonderfully stimulating weekend; I always return home from these retreats with my yoga batteries recharged.

With all good wishes, Craig

What a wonderful weekend!

Best wishes, Sally

Once again, thank you for a lovely retreat.

Best wishes, Jo.