

Unsolicited testimonials from Seminar attendees 2011-2015:

'You'll always have my support as your 'Yoga Days are so interesting and enjoyable. I particularly appreciate your relaxed manner and your humour and easy style are exactly right and enable me to listen, participate and gain so much more from the helpful information and practice. I am most grateful to you... and your teachers!

'We thought the discussions and the asana and pranayama practices were most valuable and did indeed assist us to feel firm on our feet, balanced physically and mentally, and energised by the specific breathing techniques. We always leave the workshop feeling more confident, calmer, uplifted and free from stress of any sort. And primarily we are extremely grateful to you for your hard work in preparing the session and presenting the day in such a relaxed and yet stimulating manner. Thank you so much, Michael!