

# Retreat Testimonials

**'I've heard the idea move your body change your mind  
but today I experienced it! WOW!!!'**

**'Amanda and Laura are a fantastic duo and their  
pretreat is perfect for people that need an opportunity  
to stop and reset and balance themselves'**

**'Highly recommend this with Laura and Amanda to give  
space to yourself and reflect on your energy levels  
where you want them to be'**

**'Give yourself the day of space – it is wonderful for self  
support'**



# Comments about the day

**'Fabulous venue, fantastic facilitators, nice small group, good information, loved the breath work!'**

**'Very insightful and enjoyable'**

**'Such a fun day and a great opportunity to redirect and re center'**

**'Loved loved, loved the day. Great to work on the mind and body and have some time to myself'**

**'Fantastic - I felt real core energy shifts - Balance of both - teachers were really cool'**

**'Found the day fantastic - took me to places I was fearful of and let me visualise that its OK to be # 1'**

