

### **Course: Introduction to Holistic Therapies**

“I’ve had a bad time in my life and I am so thankful that I signed up when I did. It has helped me through a lot.”

“I feel the course has been great for helping with my stress levels and building my confidence to get out to meet and mix with others.”

“I would definitely recommend the course to others. Have really enjoyed the content and meeting new people.”

‘The people and tutors were great, I’ve learned a lot. Thank you’

‘I enjoyed meeting new people and learning new skills and techniques which I feel have been invaluable in terms of helping my stress and benefits to my health’

### **Course: Minding Me**

“The way everybody could participate and the information given which you could apply to everyday life.”

“I liked meeting old and new friends, good atmosphere. Course could have been longer, it was so enjoyable.”

### **Course: Personal Development**

‘It gave me a lot of confidence’

‘I will be doing everything in my power to do my best in all ticked above’ (*Ticked will use in further learning, job seeking and within the family*) ‘Want a new life, to succeed.’

‘I feel there are other people open to learning new things and looking at life differently so I feel more supported and less alone.’

“Good tips on how to help your confidence and open your mind to try something different.”

“Being among other people at the group and hearing what other people say and to hear opinions and ideas and get support.”

“Info on how to go forward, where to start on new journey or make future plans.”

### **Yoga and Relaxation**

'..the course improved my confidence and...has taught me invaluable relaxation techniques.'

'It was so relaxing and Madeleine was so flexible in that she was able to suggest different postures for individuals with different needs & abilities. It was an excellent course.'

'The course was very enjoyable, course tutor was fantastic – our group was very friendly. I felt very relaxed within the group and would recommend this course to anyone'.