

# Testimonials

A really enjoyable experience! Thank you.

Relaxing, allowing thought to just flow but not therefore.

Thanks so much - really relaxing and thought provoking  
Thank you so much Helen for this lovely workshop. Completed the first of many Mandalas.

Fabulous class. Helen guided us beautifully through the creative process.  
So relaxing.

Thank you for a lovely relaxing experience!

Loved the Mandala session. Best end to a week I can imagine.

Very claiming and relaxing.

Very meditative, gentle, we could go at our own pace and produced a mandala to take home – fun. Great interaction with others in the room.

Loved the energy and pace of the session – very well facilitated – thoroughly enjoyed.

Very inspiring and creative. Nice atmosphere and we all produced some great work.