

What are the positive changes you have seen in yourself during the Retreat?

I feel more positive

I feel lighter

I have some more tools to work with

I have more energy

I have more hope

I feel aware of myself, less fear and anger

The beauty of silence, appreciation

Serving myself selfishly

I am happier

More energy

Increase in emotional and physical energy

Decrease in physical discomfort

Increased awareness of the depth to which old programs serve me

Increased commitment to take charge of my wellness and to use a positive attitude to support it

Willingness to open to new habits

Belief anything is possible

Increased energy

Increase mobility

Increased belief

Increased inspiration

Increased awareness and knowledge

A sense of peace with the situation

A calmer persona ready to deal with the future

More in tune with my emotional side

A deeper love and understanding for Michelle

A more positive outlook that everything will be OK

What did you like most about the Retreat?

Cutting edge information and tools

Learning to apply tools for self help + care + healing

I love the group of people that came together and everything they /we shared

I loved and appreciated Jasmina's deep knowledge + skills + beliefs + compassionate detachment

The whole healing environment of Mana + it's beauty + kindness of staff

Jasmina's words of wisdom – the learning

Tenderness and assertiveness

Relief and calmness

I do not think you ever made one of us feel sick, you empowered us all

Food was outstanding, location beautiful

Information that is a quantum leap beyond what most people know about cancer healing

Practices that become a natural part of self care

The combination/alteration of pushing boundaries and meditative states

Knowledge level of Jasmina – feeling every question could be answered

A supportive environment that felt nurturing and peaceful

Being away from everyone/life for 7 days to concentrate on how to get well
The location and facilities
The small group
The passion of the presenter

Learning about who I am and where I can go
The food...HA, Ha!
Jasmina's warmth and level of caring for us
The surroundings (peaceful + tranquil)
Meeting new wonderful people