

Testimonials 2013

Jasmina delivers tools to help you manage emotional challenges, and goes beyond that to help heal the roots of our being which in turn serve to help create a new “you”! I’m certainly someone who doesn’t identify with cancer being me anymore, having found a new release and belief of the mind. I’m complex and Jasmina got through, she was like a shining light with a sword helping to get through the thick of the forest, which reminds me of the saying

“ The house has burned down, now I can see the sky”

Thank you Jasmina for educating me to take care of myself, something we are not taught to do. I wish your teaching was mainstream, there’s no reason why it can’t be. Keep up the fantastic work!

Michelle Henderson

For those possibly contemplating going on the retreat with Jasmina, what I suggest is that you go with your gut feel. Don’t think about cost or value for money, just do what your gut says. It will point you in the right direction. This is what I did, and I am very pleased that I came. It is interesting that on the course they teach us to follow our intuition. I did. I suggest you do as well. The course is very enlightening. Aren’t we all seeking to be enlightened in some way. “That’s for me, do it now!” Good health.

Paul Bishop

Before I came to Mana I was very cynical and thought alternative healing methods were for people who believed in fairy’s!

I would have been much more comfortable watching rugby on t.v with a cold beer but I was determined to come in order to support my wife Michelle.

What I didn’t expect as the week unfolded was how much I learnt about myself. The week spent here with Jasmina and then Mana crew has completely changed my outlook on life and how I perceive myself and the world around me.

My experience here has definitely changed me for the better and in turn I am better equipped to help heal Michelle!

No amount of money could be put on this experience. My advice to anyone who wants to be a better all around person is just to turn up and be open minded.

P.S The food is great! - *Thomas Henderson*

If you are ready for exciting new knowledge and tools to help heal your life and emotions consider this retreat. If you are open to transformation and know your life and how you feel about it could be

improved then love yourself enough to make this investment in yourself. I cannot imagine you being disappointed from what I have experienced from attending two of these inspiring retreats.

Mary C, NZ

This experience has given me the inspiration I needed to deal with the issues at the source of my illness, and to see a path to recovery. I feel empowered and eager to move forward – I can't wait to try out new things that I will incorporate into my daily routine of self care. I expect magical results and a much different outcome than before the retreat. If I had only known sooner ...!

Mary Ellen Wierschem