

The Women's Healing Workshop was amazing. From start to finish, the staff took incredible care of us and were exceptionally tentative and full of love. The utmost respect is given to each participant. I didn't know what to expect as the details of the workshop are not talked about (so as to not spoil the experience and healing for anyone). I turned up on the Friday very nervous and scared but that quickly went away. We were welcomed with a lovely lunch and then we began.

What I really liked was that it was clear both staff and participants are equal, that no one is more than and that we all learn and heal from each other. The staff share aspects of their healing workshop before the participants share theirs – this part of the workshop made me feel very included and connected.

Prior to the workshop, I had been in intense therapy for 5 years. I didn't remember the majority of my childhood and it was time I did. I uncovered a lot of abuse that I had suffered from both parents; mental, physical and sexual. Therapy saved my life but I still had a lot of the trauma stored in my body that therapy couldn't help me release. The workshop gave me the ability to do this and I walked out feeling like a different woman. It was the final part to my healing journey concerning my past and I felt empowered, and fully in my body for the very first time. The workshop has enabled me to live my life in exactly the way I would like to without worrying about what others think, say or do. I now get to help others, especially women who have gone through what I did, so that they can also live their truth and purpose within this World.

I would highly recommend this workshop to all women, whether they have experienced immense trauma or not. It is a chance to get to know themselves better as well as to help the other women at the workshop to heal their wounds. You make friends and family for life and feel a sense of gratitude, deeper than experienced or felt before.

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