

Feedback from September MSC Intensive 2018 at Sophia

Did the program meet your main reason for attending? Yes for all

What was most useful to you from this program?

Having a voice in a safe place

Having open curiosity, experimenting

Safe, time and permission to reflect

Common humanity

Being an intensive allowed space for the 'roller-coaster' to be ridden again and again and to stay with it.

Compassionate listening.

All of it and the opportunity to practice and reflect.

Learning to sit with pain and bring in some techniques to soothe.

Greater understanding for compassion.

Connecting with others in the group.

I really enjoyed the experiential component of the course, in particular the activities done in pairs or threes. I was bursting with questions at the beginning, and they all got answered.

Please give feedback on both of your teacher's attitudes and skills?

Perfect.

Absolutely amazing, I felt safe and that I belonged in the group and I felt encouraged.

Tina and Peter are both genuine, authentic and warm role models for this excellent program.

Both wonderful kind people, thank you.

Incredibly generous and gifted, thank you.

Tina and Peter were wonderful. Thanks for bringing a sense of fun, laughter and lightness to a sometimes challenging topic.

Loved every second of your delivery. Thank you.

A beautiful complementary blend.

Both of you were so terrific and practice what you are preaching which is obvious – awesome.

Both Tina and Pete were wonderful facilitators of this program. Thank you for giving us your time, love and caring.

How did you find the Sophia venue?

Excellent, loved the trees.

Great.

Great and comfortable.

Perfect.

Fabulous and amazing food.

Wonderful, I loved the serenity and the garden.

Perfection.

Wonderful, comfortable and peaceful.

Brilliant.

Wonderful, loved the space and the garden.