



Testimony for Andrew Barnes:

I have attended several retreats led by Andrew Barnes over the past few years and have always enjoyed returning to them. It's always an opportunity for me to get more in touch with my body, my emotions, myself. To give myself time for myself.

The retreats are always a great benefit to me. I always feel safe and respected during them. My boundaries and level of engagement are respected, and this allows me to ease into each exercise as I need to.

I appreciate the way Andrew leads. He displays great empathy for the whole group. Andrew is able to simultaneously respect the stories and issues of the individual participants, adding his authenticity and breadth of knowledge to each session.

Each course has been different for me, they have always been very inspiring and I draw on them in my daily life.

Barbora

