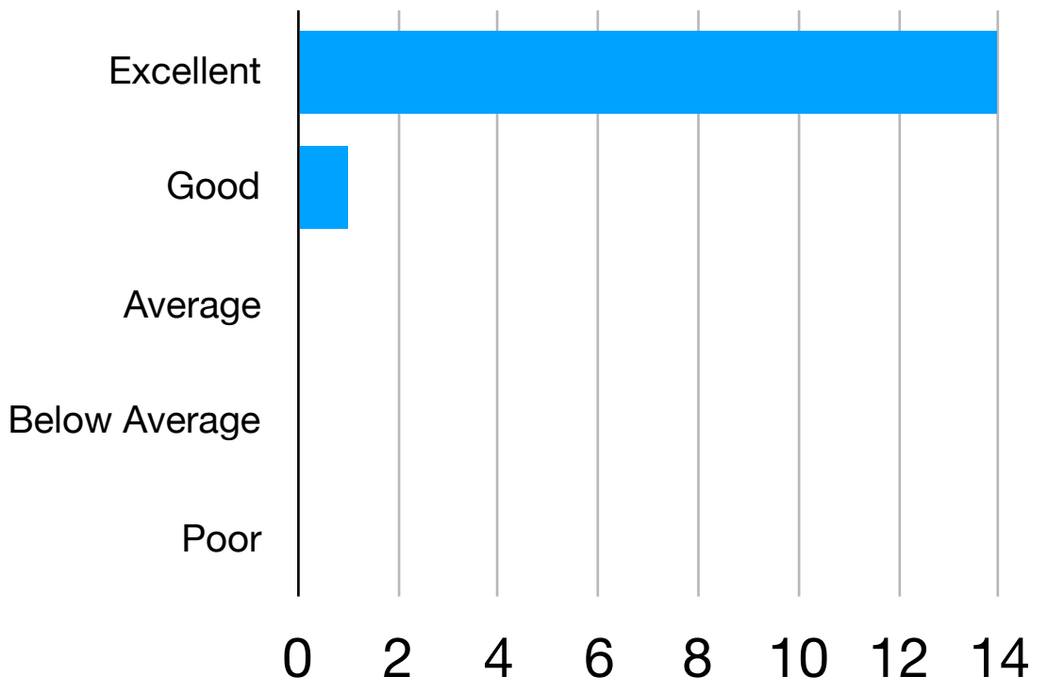
Waterford Yoga Retreat 3: Nada Yoga

Guest Feedback

Comments from the day

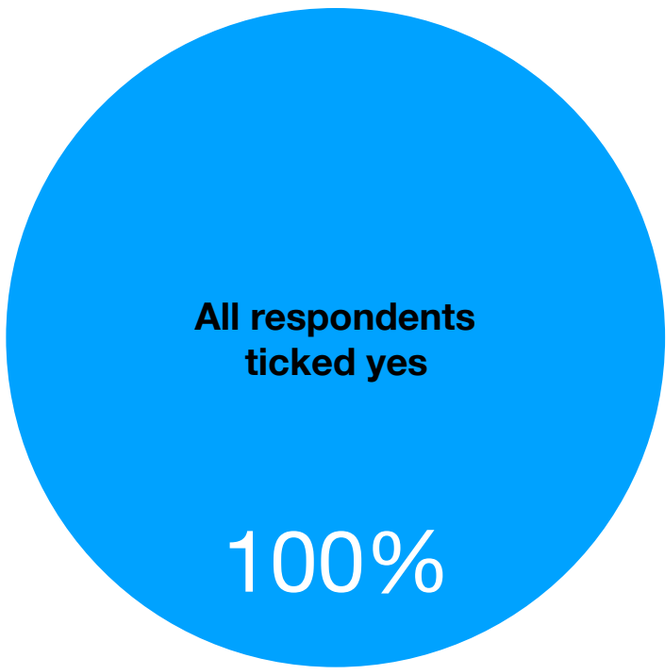
- I thought the attention to detail, from the coloured sashes and flowers the room to the organic flapjacks and tea was spot on
- The walk brought up emotions for me which I am aware need shifting
- I would like to do more chanting
- It was great to be taught a different kind of meditation that can be used everyday (About the mindful walk)
- The ambience and atmosphere created was stunning
- The walk was a great part of the day
- The Yoga practice, beautiful sequences perfectly explained
- It’s a great team. Would highly recommend to others
- I enjoyed the permission not to make eye contact with anyone and engage with ‘chat’
- Great thank you - Communal shared lunch?
- Perhaps do tasks in small groups to engage and get other people’s opinions / thoughts
- Please host another day soon. They are a highlight of my life.

How would you rate your experience today?





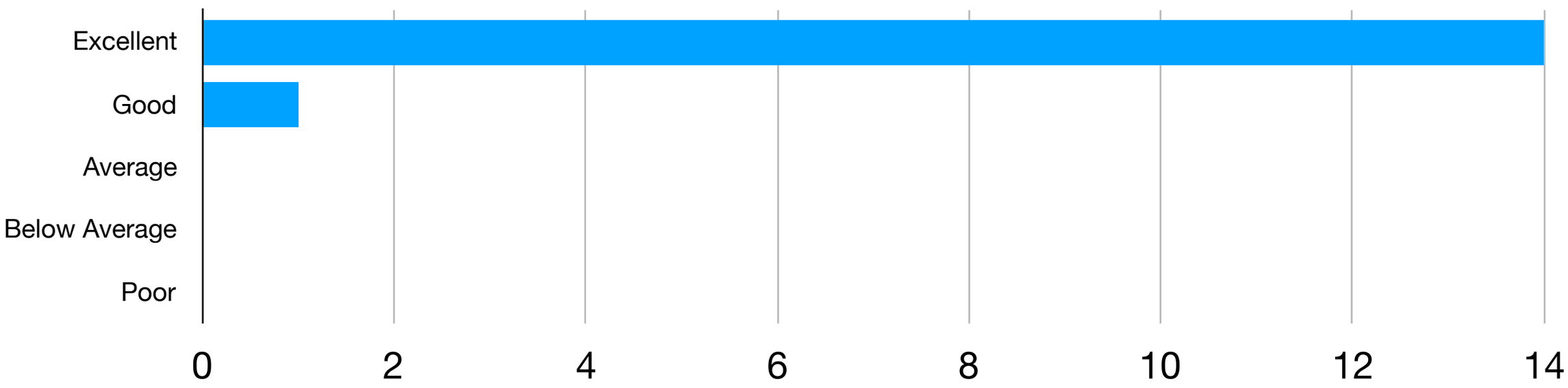
Do you think your experiences today can be useful in everyday life?



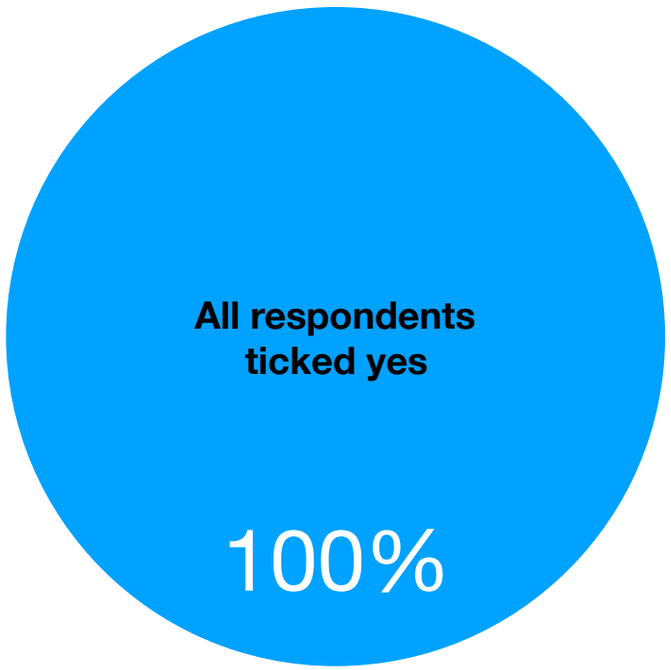


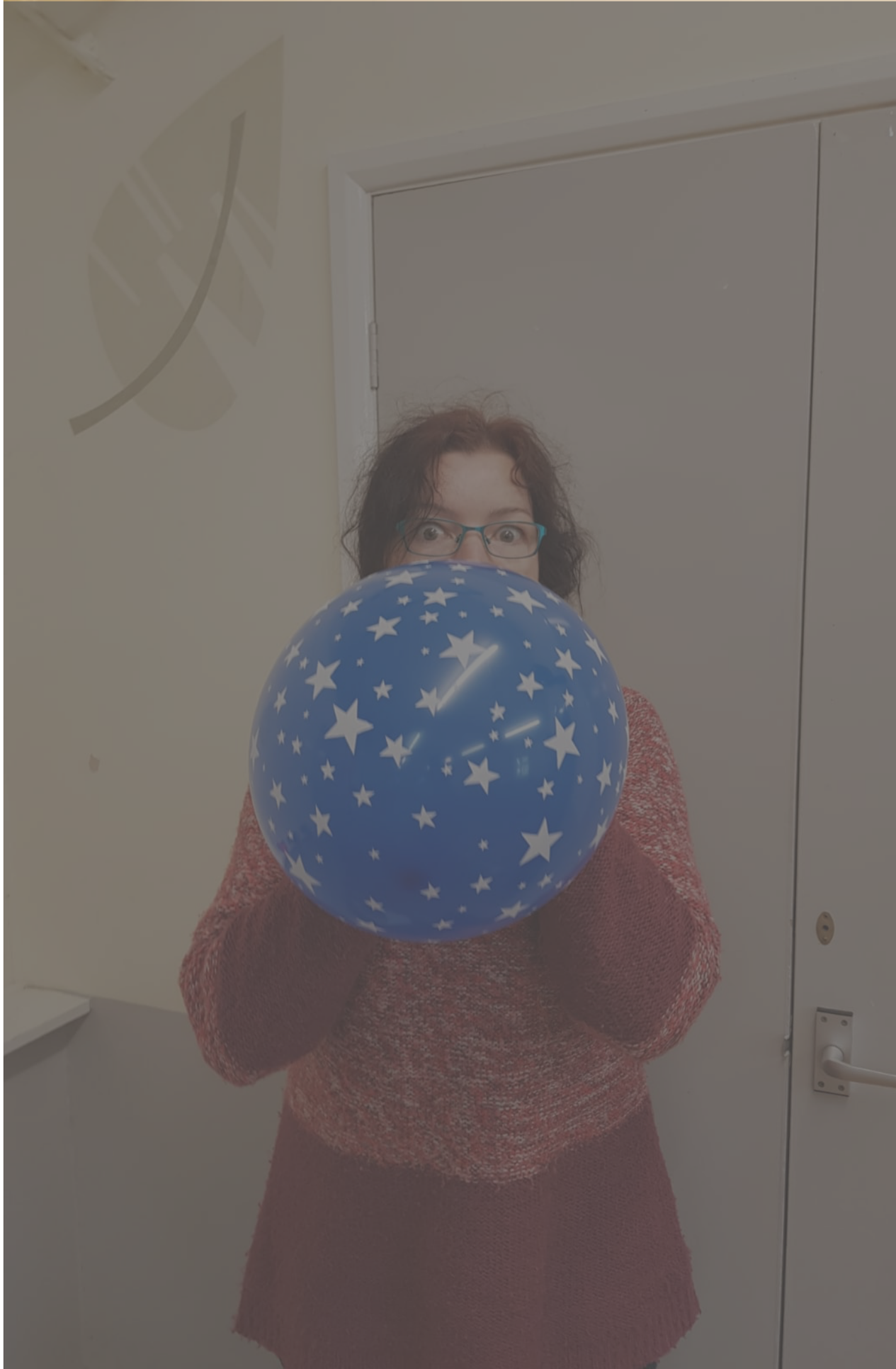


How would you rate the hall?



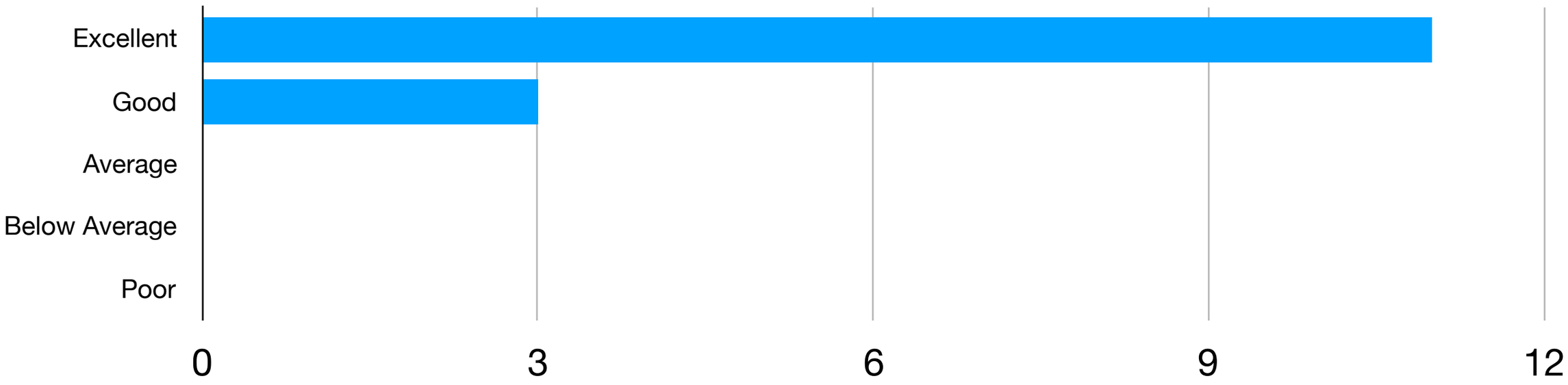
Did you have enough personal space today?

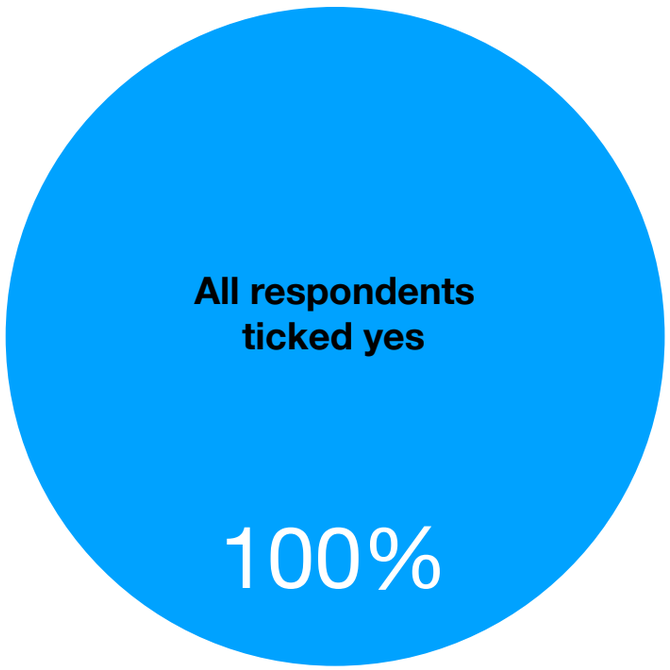






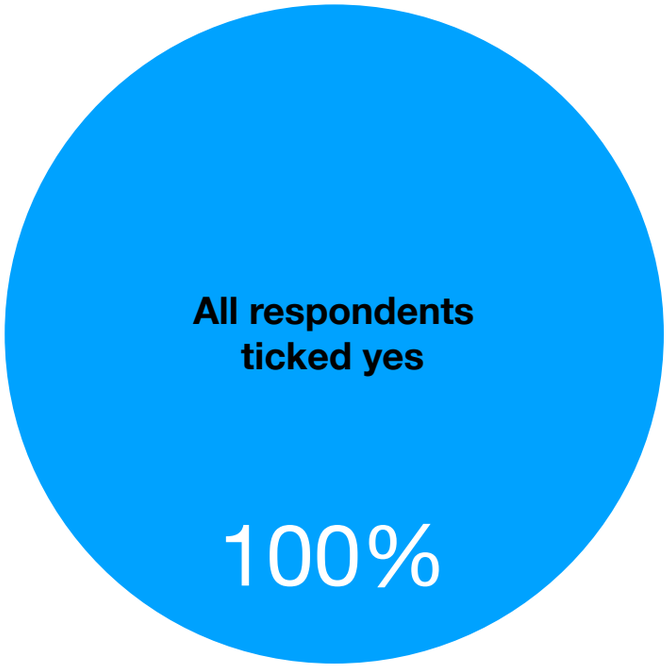
How would you rate the instructions given today?





Do you feel you received value for money today?

Would you recommend us to friends / family?



What was your favourite thing about today?

- “The silence” x10
- “The Yoga practice”
- “Being quiet with no expectations from others”
- “The mindful walk”
- “The learning”
- “Silence and chanting”