



Feedback from Tina and James Adelaide 2016 MSC Intensive

Summary Points

- Found the program extremely well designed
- So valued the experiential focus of MSC
- Allowed people to fully participate, personal exploration and reflection
- MSC gets to the heart of things
- Teachers embodied MSC, were warm and authentic, worked well together
- Teachers both came from the heart, created a warm environment that felt like home
- Finding connection and support - and a friend in myself

Direct quotes from participants

“Thank you for presenting a wonderful MSC intensive. It was fantastic training. Which has got me thinking why don't more health professionals do it?!”

This course has really ‘joined the dots’ for me - I knew all the theory but hadn’t found a consistent and constructive way to put it all together. Now, thanks to your sensitive teaching styles and giving of self, I can take small practical steps in finding kindness, weaving it into my life.

“The MSC approach goes straight there, with lots of 'depth' and (importantly) warmth and kindness rather than the defused equanimity which comes from stopping at the level of simply 'allowing' the feelings. It's a bit of a relief to be 'doing' something with the feelings while at the same time maintaining awareness of intention without attachment to results.”