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| I thought it was positive and powerful. |
| It was very beautiful. It felt like truth. |
| Fantastic growth experience |
| Wonderful! There were physically challenging moments while sitting for Sudarshan Kriya but I benefited a lot & have smiled more during this retreat than I have in a month. |
| I had a wonderful experience. I had been feeling very unbalanced and uncertain. I now feel much better and more centered. |
| I feel empowered and enlightened |
| Very positive! Uplifting. Beautiful. Meaningful. |
| Great! I feel more relaxed, confident & can concentrate more on what I am doing. |
| So positive! I feel more capable of managing the things that come my way, and more open to others |
| It was enlightening and freeing |
| It was completely transformative. I LOVED it and felt so grateful for Sarah and Ting-fen and all their knowledge. |
| Wonderful! |
| Kind. Open. Good experience. |
| Very positive, nurturing, and invigorating. |
| Nice. Learned so many new things |
| Very positive and good use of time. |
| Amazing! So calming, welcoming, and educational. |
| Pretty amazing. |
| Amazing |
| I enjoyed it. |
| It was great. |

Calming effect, immediate change in how to deal with my life. Exciting to learn everything. Opening

It was my first time attending SKY Happiness Retreat. I felt great, new and satisfied after this progress. Sara and Ting-fen shared their wisdom of how to live a happier and more peaceful life and how to attain a joyful state of mind. I am grateful for what I've learned from them.

Life changing. The breathing exercises really have helped center me

Amazing

Wonderful

Exciting and grounding

Needed

It was an open and calm experience that helped with my anxiety