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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.