It's a connection that connects

I would say it is very much worthwhile

Do it! Jump in!

Come with an open mind, leave with an open heart

I would highly encourage anyone to participate. I was able to be open, honest, and vulnerable about my experiences and be fully accepted

It will empower you and change your life

It's more than simply de-stressing. It's learning and adopting a new healthy mental lifestyle

Absolutely go! The time you give to yourself to experience this retreat will help you become a better, fuller human being

How much do you value allowing happiness into your life and the lives of others?

This has been one of the most beautiful life experiences that I will always carry with me! SKY gives you tools to live life more fully

Do it!! Just, do it!

Remember the positivity in yourself and others, and spread to world

It really is helpful for college student stress

Go for it. Things will be better

It is a good use of time

This is such a valuable experience!

Good stepping stones toward peace and love

You should do it. Keep an open mind

If you're willing to practice each day, it will help you

Don't hesitate; meditate. Better get some rotalities :)