

I booked two of my children into Sandra's eight week mediation course. After having experienced working with Sandra myself, I knew it would be immensely beneficial and she would teach the kids skills that would set them up for life.

Just learning how to tap into the higher consciousness, how to meditate and use Reiki, how to be centred and listen to their inner voice is wonderful.

My children, aged 10 and 13, have enjoyed it immensely and I've noticed a wonderful, positive affect.

In fact it has ended up being so much better than I expected. They both come home very relaxed and incredibly happy, sometimes bursting with happiness, and looking forward to going back the next week.

I highly recommend Sandra's courses and sessions for children and adults.

I can't thank you enough Sandra



Jennine Klarinnar  
Found of Mecca Creative Marketing