

## **In praise of Honour the One Playshop:**

"I wanted to say thank you for the playshop on Sunday. I had never attended anything like this before and was incredibly nervous beforehand. That nervous feeling disappeared almost as soon as I entered the room and I think that was down to the positive energy, both from you and the others present.

Everything I did that day was new to me but the environment that you created made it a very safe and secure place to gain new experiences. I felt able to explore myself in the company of very warm, accepting people. I really appreciated the fact that there was no compulsion to share if that would make me feel uncomfortable.

The atmosphere was amazing and the music was so suited to the different aspects of the day. I enjoyed all the different exercises and found that I was being stretched to think about me and my relationship to other people and to the Earth.

The circle at the end of the day was truly wonderful with everyone being honoured by the group in the way that they choose. I found it took me some courage to ask, but being so beautifully hugged by the entire group was an experience I will never forget – I can still feel it almost a week later.

Thank you for providing such a wonderful day." ~ female participant

"A lovely playshop that lived up to its title! " ~ male participant

"Thank you so much for running the fab Honour The One playshop. I thoroughly enjoyed it. It was great that the whole group got involved with the process and I'm looking forward to experimenting with what I've learnt. I can highly recommend this workshop to anyone. What a beautiful experience. So much more than what we says– perfect! A really wonderful day! Thank you" ~ male participant