

EMPOWERED WOMEN WORKSHOPS TESTIMONIALS

Here are some things people are saying about our retreats:

“This is a life changing event of self-discovery, honesty, courage and inspiration. I’ve learned so much about myself, gained tools to help with my journey to being the best version of myself possible and befriended and incredible group of empowered sisters!”

- Tracey D (Gemini Award Winning Film Director)

“Essential to health within a family! The impact of this is so wide-spread, that it can only help all those who are touched by the attendee Fabulous workshop. Both Sandra and Maïté have a uniquely insightful grasp on human relations. Their approach is solution base which makes the journey hugely beneficial “enriching lives” should be your by-line. Thank you.”

- Dr Karen D.

“Life changing – teaches you to go within, heal yourself reconnect with your authentic self and gives you the tools you need to transform your life one step and a time in the direction you wish to achieve in your life.”

- Joanne G (Naturopath)

“It was inspirational on so many levels. I learned important things about myself and it was very helpful to see that many others suffer from problems as well. I guess I would just say it was “AMAZING”.”

- Julie. G

“It’s a wonderful safe creative playful way to work towards a healthier self love. Working at Eastman on personal growth with Sandra and Maïté and all the amazing participants was so healing, enriching and inspiring all in a serene very naturally stunning setting... Grateful for your dedicated professionalism extremely fun, clear, informative, transformative and heartfelt. Thank you for the safe environment the tools and the hope and inspiration to keep growing – much gratitude”

- Rita P