

Retreat Testimonials

“Cheri is **energetic**, also, **down-to-earth**, witty and **fun!** The energy of all the participants and those who orchestrated the retreat with **magical!** It was just right.”

~*Angelina, Atlanta*

“Cheri made **meditation feel accessible to everyone** regardless of belief or lifestyle.”

~*Laura, Atlanta*

“Cheri is...**Dolly Parton meets the Dalai Lama.**”

~*Meg, Decatur*

“Cheri is a **dynamo!** If you are unable to motivate yourself, **you need this.**”

~*Jenn, Atlanta*

“Cheri is a **gifted**, knowledgeable and **passionate teacher** and at the same time fun, **hilarious** and **down-to-earth**. She puts all retreatants at **ease**; especially people that are brand-new to this practice.”

~*Ann, Asheville*

“**This was like meditation boot camp!** It was pretty intense and **I learned TONS.** I really appreciate all of the different of meditation that we learned so I can pick the ones that I really like.”

~*Kristen, Atlanta*

“The take away from this retreat far exceeds any monetary investment, it really is **priceless.**”

~*Kelley Linn, Atlanta*

"The retreat had a feeling and energy that anyone with an interest or curiosity about meditation could relate to. I also think if you attended just to spend time

with a friend and relax you would leave **with the desire to begin the practice of meditation.**”

~Julie, Decatur

“I love Cheri’s style! I like that she keeps explaining meditation in different ways because some of these meditations finally **clicked for me.”**

~Kristin, Atlanta

“I have nothing but **positive** things to say about Cheri’s methods. Cheri is **passionate** about her field (as all good teachers should be). Her personal anecdotes were a real plus for me. I saw this retreat as an **investment in myself** and I felt that I really **got my money’s worth.**”

~Lane, Atlanta.

“Cheri is an excellent teacher. She is a very bubbly person but when she teaches, she is very **soothing, calm** and **directive.** This really worked for me. I can’t believe that **meditation is finally a part of my life** ~ like REALLY a part of my life now.”

~Lacey, Gainesville

“Thank you, Cheri! This was a truly transformative experience! I cannot believe how different I feel in such a short time. I really needed this and I feel **reconnected** to my **true self** in a really **powerful** way.”

~Elizabeth, Atlanta

“Cheri is lots of fun, but she definitely knows her stuff! You’d think would be all serious or “way out there,” but she is a **REAL** personal with a **real** life ~ Kids, career, husband the works! She struggles with the everyday like we do so she knows just how it is. She is the perfect one to teach us because she has surely been through it!”

~Sue, Kennesaw

“This retreat was a **totally unique experience**. I learned so much! I also remembered a lot that I had forgotten. I feel **renewed** and reset with these **revived**, healthy habits.”

~*Sam, Brookhaven*

“**I love Cheri’s style of teaching!** She has so much wisdom to share and it is a great combination of structured education and random stories that make is all so relevant, **relatable** and able to really sink in.”

~*Carrie, Decatur*

“I thought Cheri was just great! You can tell that this is something that she is **passionate** about...she explained things in such a way that everything was so **easy to understand**...finally!”

~*Sarah, Smyrna*

“**Awesome! Amazing!** Well worth it! Really, you just have to try it...it’s just an amazing and **awakening weekend**.”

~*Mary, Atlanta*

“Throughout this retreat, Cheri gave me an opportunity to ignite my inner pilot light through various forms of meditation. The weekend was **well worth every penny**. Cheri is an **enthusiastic** teacher that has an uncanny ability to **breakdown complex processes** and explain them with **ease** in lay terms.

~*Maya, Atlanta*

“**Cheri is crunchy**...but **not too crunchy**. :)”

~*Kelly, Stone Mountain*

“This was an **amazing journey** through meditation methods, the purpose for meditation and with some lovely **yoga** to supplement. I was so surprised at how much I got out of this! I knew it would be good for me, but the weekend **far exceeded my expectations**.”

~*Chris, Atlanta*

“Cheri is **effervescent, funny, entertaining** and **knowledgeable** tapped into mindfulness...basically,
Zen with a touch of Detroit!”

~Kimberly, Atlanta

“**Cheri is super fun, high energy and joyful** ~ she is quite inspiring! This retreat is going to **change your life!** No sh*t!”

~Danielle, Atlanta

“This retreat was **amazing. Full. Practical. Fun. Accessible. Priceless. Life-changing.** Cheri is amazing. **Real. Loving. Funny.**”

~Amy, Jonesboro

This retreat was **worth EVERY PENNY.** Cheri is personable and **FUNNY.** She is bubbly, **ON FIRE, Alive and PASSIONATE.** I had an amazing time and I cannot thank you enough!

~Suzy, Decatur

“**Cheri is CRAZY fun,** insightful, giving and filled to the top with love. Thank you so so much, Cheri!”

~Nicole, Tucker

“This was a **wonderful opportunity** to learn the tools and methods of meditation with a great group of people. Cheri is amazing and really **packs in a lot of instruction** with wonderful and such a nice setting. **Great value!** Cheri is so **fun, energetic** and **inspirational!**”

~Jennifer, Atlanta

Cheri is one of my very favorite people! She is **inspiring, educational, fun, amazing, nurturing** and **beautiful!**

~Kelly, Atlanta

“I can’t tell you what this weekend has meant to me...I can’t wait to use these tools at home! Thank you thank you thank you!”

~Nicole, Loganville