

## Retreat Testimonials

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

*~Kelley Linn, Atlanta*

"This retreat was **transformational for me**. I experienced multiple approaches to go in deeper I'm **seeing more clearly**. Cheri was/is consistently and **authentically brilliant**. Cindy transformed yoga for me into something possible and desirable. I think it gave **immense value** for the expense. Cheri is loving, caring, energetic, generous, authentic and a **brilliant nova of experiential wisdom**. I would absolutely do another retreat with Cheri."

*~Paul, Decatur*

“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 bubbly, pink, motivated, vivacious, and **inspiring.**”

*~Danielle, Avondale Estates*

*“I am making meditation a part of my daily practice now.”*

*~ Kathy*

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

*~Meg, Decatur*

"Cheri is **authentic**, caring, kind, and so intelligent. She adds so much joy to this world and I'm so happy to have her in my life. **The food was so good!** I like being out of a comfort zone, even with the food. It was so delicious and I liked eating things I wouldn't normally. It fit in perfectly with the weekend. The retreat was **definitely worth the money**. At first I thought it was a bit expensive but after experiencing it, I would tell people that it's definitely worth the money. I LOVED the silent time. For me, that was an important part of the experience. I would've liked for it to have continued for longer...**Cheri is amazing**. She is so intelligent and bring so much passion into everything she does. I appreciate and love the person she is. **This retreat was a beautiful experience**. It **awakened my soul** in so many ways. the meditator now thanks to my experiences at this retreat. Highly encourage anyone to do this."

*~Kristy, Atlanta*

"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 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*

**"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 it all so relevant, **relatable** and able to really sink in.”

*~Carrie, Decatur*

"I love Cheri's high energy and I love how **she makes meditation so accessible.**"

*~ Ann, Gainesville*

“Cheri is a wealth of information about meditation, positive thinking and habit building. The retreat was totally worth the money. Cheri- she's a good one - radiates good energy (And smart and kind). So glad I came. I am making meditation part of my daily practice now.”

*~Kathy, Atlanta*

“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*

“(The retreat was) the perfect three days of learning different ways to meditate and be in my own thoughts. As most women/moms/daughters/sisters, we don't leave time for ourselves and this was a perfect amount of time to hit the reset button. The food was amazing it was a very laid-back yet rigorous schedule. We were pretty busy yet I never felt rushed or stressed. The retreat was VERY worth the money. Cheri is passionate, funny and energetic.”

*~Kristen*

**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*

"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*

“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*