

Beauty & Bliss Retreat

I went on Susanne's retreat at Amarant Resort apprehensively, as I had not done yoga for years. But it sounded too good to miss – Bliss, Serenity, Beauty!! And it lived up to all my expectations – the surroundings were outstanding, the meals were delicious, the other participants were great. And, as I expected Susanne had put great thought into planning the whole retreat – the yoga & relaxation sessions were gentle enough for me but still effective for the others. Susanne added many touches to make it an experience of great depth & insight – possibly the most nurturing & rejuvenating 2 days I have ever spent!

Anne, kinesiologist.

Wellbeing Retreat

I loved it all to be honest – it all flowed really well. The openness and compassion that Susanne displayed from the beginning set a tone for the rest of the week and allowed everyone to open up to each other and have some fun and support each other.

I loved the morning practises in particular.

Thanks so much for all the reiki and the kind words.

Because it was all women – we had the freedom to be all girly – but it was a very interesting and inspiring bunch of women.

It was great having the ocean nearby – to go for a swim.

It was lovely to have the Wednesday to go and explore the area – in particular the reef.

This retreat was a strong light in a very dark time in my life. I felt a lot of support and understanding from the people I met there. The tone of the retreat was very nurturing and very supportive and very positive in nature. It gave me some hope for the future – having such a lovely week and meeting such lovely people.

Helen, Talent and Leadership Development Consultant

I loved the style of Susanne's gentle, nurturing yoga practice. I feel more relaxed and generally calm. I have had a rough 6 – 9 months and hadn't been feeling 'myself' for this time. I had been feeling very negative and 'down'. I have returned from the retreat feeling like my normal, old self. I feel like I have a more positive outlook.

Kylie, Human Resources Manager

Beauty & Soul Retreat

When I came home from the retreat I was surprised at how clearly I could hear and see, and listen. It kind of felt like I had not been able to really take things in before and that something had shifted - like a fog clearing. I felt and looked healthier- the bags under my eyes were gone and my skin was soft and smooth. I walked more slowly I breathed slower. I felt more soft and gentle – like a woman. JGC

My body really appreciated it the yoga, my body and soul felt nurtured and loved from the treatments and the workshops provided insights into a future me.

An amazing experience with enduring effects

Pam, bali goddess

Ultimate Indulgence Retreat

Susanne and Trudy are two very beautiful women with open hearts and minds and have much to give, in mind, body and soul to other women, some who have lost their way & some who haven't. Please keep up the good work.

It has helped me move on after my husband's death some 5 years ago, they both taught me that it is alright to open up my heart once again and not feel guilty about doing it. Some good lessons in how we as women must and can nurture and indulge ourselves on a daily basis.

My many thanks girls, please keep on doing these retreats, your both are so good at it.

Julie, Organic Compliance Officer

The workshops with Trudy were so beneficial, the product workshop was so informative and the make up workshop was awesome. For someone my age to be finally able to be confident in what and how to use the colours I adore, was very inspiring. To look at myself in the mirror after she had given me a mini makeover with the colours and makeup I had was truly awesome, it brought tears to my eyes. I was shocked, that with such little effort we can transform ourselves. To see the changes in the other ladies once made up, made them all happy.

My makeover with Trudy gave me a lift, but on a more subtle level, just her presence and confidence and earthiness I found inspiring and I think she embodies the message that you don't have to be a supermodel to be/feel like a goddess. Somehow I feel like I was given permission to feel sexy and beautiful, to not hide my inner/outer beauty. I also notice now I'm home I'm looking at other women differently, in the sense that I can see the possibilities in them, and I'm noticing the ones that are hiding their spark.

Paula, Bali Goddess 2012