

was peaceful and good spirited. The students were excellent in behaviour and a pleasure to be with.

The second day began with a reflective coaching session after a hearty breakfast, followed by another yoga session with David. No-one had any qualms about participating this time and everyone felt wonderful but a little sad when it was over. We had an evaluation session to conclude the weekend and some of the comments that people made about their experience follow:



"I thought it was really good and I like yoga".

It was excellent, I loved the yoga, it really helped".

"It was brilliant, wish there was more sessions".

"I've learned more about myself and the young people.  
I've seen them get better & I'll be able to better bond with them".

"Thank you and it was so fun, I love it and would do it again".

"Something to think to introduce in school. It was brilliant".

"It was very good and made me feel more alive, thank you".



A special thank you to: David, Cara, Lola, Sue and the staff at Danbury Outdoors for providing an experience of a lifetime.

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