

Success Stories

"I highly recommend Leslie"

Leslie provided a supportive and informative environment for me to learn how to meditate over a six week period. I look forward to my sessions each week and she was welcoming and interested in what was happening in my life. The daily meditation exercises helped me to focus and accomplish much more than I had in the past and also helped to reduce headaches and stress. I highly recommend Leslie.

L. Walsh, Evolution Centre for Leadership

"Thinking more clearly and more focused"

In July 2006 I began a course of Meditation with Leslie. My life was disorganized and unbalanced. I was experiencing "on the job" stress and not sleeping well. After a couple of sessions I was already finding that I was thinking more clearly and was more focused on "real issues" rather than the day to day ups and downs."

L. Shaw, Financial Advisor

"It has helped to reduce a lot of stress for me"

Thanks Leslie! I'm so glad that I tried out meditation five months back. It has helped to reduce a lot of stress for me. Even though most days I don't get to start my homework until late in the evening, I no longer worry about how to get all my homework done while I'm in the middle of my after school activities, whether it be tennis or Tae-Kwon-Do. I just do one run-through in my head on the way home and if I think I'm ok, then that's it. I don't have to think about homework continuously anymore. I can give 100% of my attention to whatever I'm doing at the moment because I know it will get done. As an added bonus, I actually get the things I'm doing done quicker, and better so I actually have more free time during the day. I can't wait to take another 6 sessions with you. See you then!

Kenneth Vinyaratn, age 14

I have more energy and motivation now - and fewer times of frustrations, fatigue and depressed feelings.

Ken P.

"Helped me tremendously"

Meditation has helped me tremendously in a number of areas in my life, specifically stress management, relationships (dealing with people from all walks of life) and health.

Mary F.

Thank you for helping me see my path and helping me realize what matters and what doesn't, what are energy givers and what are energy drainers, and how to make the most of what life has to offer me and what I have to offer in return.

Catherine K.

You have enabled me to calm down, find the focus and energy I need to enjoy my life.

Cathy J.