

Date: October 19 – 26, 2008

12 participants, 12 evaluations returned



NB. 5 is the highest score	☺ ⑤	④	☹ ③	②	☹ ①
How much has this overall week further developed your self-awareness?	8	3	1		
	67%	25%	8%		
How much has this overall week helped to increase your sense of calm and wellbeing?	8	3	1		
	67%	25%	8%		
How much have you appreciated the food served during this week?	6	3	2		1
	50%	25%	17%		8%
How much did you enjoy the Silence period?	8	3		1	
	67%	25%			
How much did you enjoy the approach and style of the delivery of the Yoga sessions?	10	2			
	83%	17%			

"I thought this trip would be about exercise and meeting interesting people. But it was so much more, thank you very much!" - October 2008 - **Annica (Sweden)**

"Neo is like a true artist, a sculpture that lets our heart improvise without any blockings. This enables us to form in a way so powerful and he gives us wisdom, so pure. We are energy, we are body, two separate things and yet one. What Neo does is make us aware of something inside every one of us. He makes us aware of our inner light, this light is the essence of all existence. It is everywhere and Neo has the rare gift to wake up this ancient light and to make it stronger and stronger." - October 2008 - **Jovan (Sweden)**

"Thank you for the guidance of my body and soul. I'm always pushing myself to the edge and I rarely allow myself to be satisfied. I now understand the importance of listening and accepting my emotions, allowing tenderness and sometimes fear. So, now I've a lot of work to do but it is always easier to reach a goal when you know where you are going." - October 2008 - **Anna (Sweden)**