

Vibrant Wellness Retreat -

50 Hour Massage Training Course with Mary Jo - July 2019



I will just introduce myself. My name is Sandra, I am 50 years of age and reside in Ashburton.

My main role since leaving school has always been in the administration field.

I have enjoyed it, but felt like I needed a change. I wanted to do something that I could feel passionate about and as I was always happy to give a home massage I decided it might be enjoyable to do as a profession.

My first step was to search the internet to find a course that I thought would be the right fit for me.

There were a lot of choices but I felt a pull towards Mary Jo's Holistic Intuitive course. I decided to go with my gut and rang and spoke with Mary Jo. From the moment I heard her voice and felt that wonderful energy she projects "I was all in" I got myself booked in immediately.

On arrival I was welcomed with genuine warmth and given a guided tour of the retreat before being shown to my accommodation. The accommodation far exceeded my expectations! It was described to me as a cottage but it was so clean, tidy, modern and tastefully decorated that I felt like it was 5 star, all the facilities were of a very high standard.

Our breakfast and evening meals were lovingly prepared by Mary Jo's partner Steve and were so delicious. Every day we were presented with something tasty and new to try. Mealtimes, it's got to be said "got me very excited".

Never in my life had I imagined how much fun a course could be. It was so exhilarating to get up in the mornings, catch up with the other girls and have an amazing yoga session with Mary Jo before being spoilt with a beautiful breakfast in the conservatory. Following breakfast we received our massage training which was fantastic because the majority of it was "hands on", watching and then participating and all done with so much support and good cheer. Mary Jo has a very natural and patient way of teaching and I very quickly became in awe of her, not only because of her amazing massage techniques and incredible knowledge but also the way she conducted herself. I don't think I have ever met quite such an inspiring person.

I learnt so much more than how to give a wonderful massage on this course. What I really came away with was being enlightened to a completely different way of living life. Mary Jo taught me so much, I feel like I came to the retreat as a very closed minded, somewhat uncomfortable in my own skin kind of person. I was struggling with more than I realised in my own head yet with Mary Jo's guidance left feeling liberated and with a new consciousness that I never would have believed possible. It would be fair to say I felt like I spread my wings and flew for the first time.

Since returning home I have been putting all the valuable lessons that I learnt into play and all my loved ones have noticed a big shift in me. I have my massage business

underway operating from my home and rejoice in the fact that my clients leave feeling relaxed, happy and restored.