

Testimonials



Pieter – managing director

I'll be honest - going into kinesiology, I was skeptical. Like most guys, I tend to push through pain and stress rather than explore alternative ways of healing. Working with my kinesiologist completely changed that mindset. The experience opened my eyes to how connected the body and mind really are, and how healing doesn't always come from forcing or ignoring things. The impact has been genuinely life-changing, not just physically but mentally and emotionally. I walked away with a new perspective on my health and myself, and tools I'll carry for the rest of my life.

Paula Rodrigues – director / playwright

Liezel support has been essential to my recent personal and professional wellbeing. She offers a unique approach that feels personalised and warm and at the same time she has kindly challenge me to evolve beyond my own constructed limitations. She is a true guidance and trusted person in my life.

Alexandra Helgerson - singer-songwriter / filmmaker / actor

In workshoping with Liezel over the last five years, perhaps that greatest thing that's happened for me is best described as a continual freeing. A continual renewal of lightness. Liezel has helped me recognize patterns in my thoughts and behaviors, and given me tools to use when I get in my own way. She's helped me feel more free, encouraged my clarity of thought and speech without judgement, and probably knows more about me than anyone on this planet. In addition to being an alternative therapist, I consider her to be a mentor, a guide, and frankly, I don't know how I would have survived the last five years without her. With ease and grace she helped guide and support me through cancer, and through divorce. She's a beautiful soul, one who remembers all, and she is in possession of the uncanny gift of giving you her undivided attention. With every session I have left our calls feeling empowered, seen and heard, and more free.

Simon – producer

Before working with Liezel, I was deeply sceptical of any kind of therapy, let alone what I thought was going to be 'alternative' therapy. However, after just one session I felt heard, I felt reassured and like a huge weight had been lifted off my chest. For the first time in months, I felt like I could see a way forward. Over the last three years Liezel has helped me to navigate personal, professional and relationship issues with kindness and sensitivity but also with a firmness and clearness of thought that have been invaluable. To anyone reading this that isn't sure if this is "for them" I encourage you to try a session. You will very quickly know if it's for you, and if it is right for you, it will change your life.

Regina Brandolino - producer / actor / screenwriter

I have been working with Liezel individually and together with my husband for about 6 years. Liezel has seen me through my late twenties into my mid 30s. Changing professions, dealing with family collapses, friend breakups, grief and complete internal and external transformation.

It hasn't been an easy journey, and it hasn't always been beautiful, but it has never been lonely.

Liezel has been a guide, a true friend, a confidant, an ally and much more but most importantly she has always been my safe space. I have never had to hide who I am or what I am feeling.

Liezel has provided a caring and nurturing space for me to dive deep within and rise up high whilst she held my hand through it all.

She created a space where I could be completely honest and free knowing that there were always honesty and kindness waiting for me.

I can firmly say my life has completely changed for the better since meeting Liezel and I will be forever thankful to her. Liezel has changed my life, and I truly love my life and the person that I am today.

Maite Jáuregui - actor / writer / vo

In the few sessions I've had with Liezel she has already had a big impact in my life (both as an individual and with my partner). I cannot thank or recommend her enough. I've never looked forward to therapy sessions so much!