



I am so glad I started this programme, I knew I needed to help myself but didn't know how. This programme has guided me in the right direction and the tools are helping me so much. I'm so grateful



I suffer pretty badly from anxiety and depression. Before joining the programme, I could barely sleep or eat. I can honestly say that it has changed the way I view things in my life. I feel more positive about my life now and I don't feel like I'm so alone.



I love who I am becoming, I love my courage, and I love my enthusiasm.



I was constantly pulling myself down ,but now I have tools to acknowledge my negative self talk. Meditation, gratitude and abundance mindset have changed my life.



Such a lovely mindful class. Cheryl is a lovely teacher who teaches at all levels. I also love her health and well-being that she offers which has been amazing. So supportive and has certainly helped with my anxiety and having a much healthier life style that helps support my body and mind.



I really enjoyed the life on pointe programme it had some really helpful tips and videos that helped me manage my mindset and body health. Cheryl was really helpful with helping me through this with support and kind words of encouragement when times got tough. I would definitely recommend this programme.



Before starting one of Cheryl's yoga sessions, I'm likely to feel anxious, stressed and knotted up. Once the class is over I feel a sense of calm and inner peace, it's put me in a positive mindset for the following day. I highly recommend to give her sessions ago!



I am currently on week 4 of the mindhealth plan, and after years of various unsuccessful therapies, I found something that works for me. For once , I am looking to the future when it never really felt like I had much of one. I feel hopeful, clear headed and calm in the mornings which has never happened before. If I feel like this after only 4 weeks, im interested to see what the next 4 weeks brings. Cannot recommend this enough!

