

Living Harmony Retreat Centre UK



Testimonials

We just want to say to say thank you for our lovely stay with you. We were at a point where we were both exhausted and needed to reconnect with our spiritual side. Coming to your retreat really did the trick; not only did we feel totally nurtured and regenerated we also felt much more peaceful and balanced. Your hospitality was wonderful, the loving food to the meditation and salt bath were all such a pleasure. We also enjoyed the trigger point Pilates you arranged, it was great fun! The one to one consultation and healing you gave us made us feel cleansed and much healthier mentally and physically. We are both taking the essence you made, every day, which just continues to provide us with the love and nurture we needed. We cannot wait to come again in fact we will be booking again before September. We would definitely recommend this retreat to anyone that feels low-exhausted-in need of love – spiritual growth in fact anyone would benefit from a stay with Viviane!!

T.F.
Frinton-on-Sea

What an amazing time I had here! I had an awakening moment at my Living Harmony retreat! I have never felt this kind of energy before and it feels really good. It was very personal and I had the most attentive and personal treatment I could ever ask for! I am very grateful for everything and a big hearty thank you to you Viviane! Thank you for all the yummy meals and for all your love to me too... I do feel different and feel at peace too which was very important for me to achieve. I am thinking everything differently and feel good too.

I recommend the retreat to all those who feel they need it, trust me, you won't regret it.

Thank you Viviane!
J.P. Wembley

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The start of my 6-week vacation period. I came to relax and recuperate and that's just what I did.

Viv was lovely, kind, a great cook and welcoming.

A gorgeous healing space – thank you for sharing.

JMcC Cheshire