

Testimonial from M.V.

I have been attending re-birthing sessions with Glynis on a regular twice-monthly basis over the last eight months. During this time, Glynis and I have built up a strong client-practitioner relationship in which I feel fully supported to allow myself to heal through the rebirthing process.

Glynis has tailored our sessions to address my personal requirements and empowered me to choose the format for each session. The approach taken by Glynis is informally supportive, whereby I have felt my development process to be a journey upon which Glynis is accompanying me and assisting me where required.

Glynis' approach and the physical and emotional environment she creates has allowed for a strong bond of mutual respect and trust to grow between us, so essential to the rebirthing process.

Furthermore Glynis combines rebirthing with bodywork, a combination which has complemented each other perfectly, and allowed me to transform my physical holding patterns as well as feel emotionally more connected and centred.

I originally chose to explore rebirthing as a result of an exercise I participated in at a spiritual Men's Workshop run by the Human Awareness Institute. The exercise was a breath exercise which enabled me to experience my birth memories for the first time and access a great deal of emotions associated with this event. I was so moved by the experience that I decided to try and find someone locally who could assist me in further understanding and experiencing the Miracle of Breath.

Glynis' approach towards rebirthing and spirituality has allowed me to become ever more confident in my desire to create the life I am looking for and understand how this life is closely linked to my own thought patterns and perceptions. Through rebirthing combined with workshops and my spiritual journey I have discovered how I have choice over every facet of my life.

I believe that Glynis has a natural gift in enabling her clients to feel relaxed and supported, whilst holding the space and allowing each client to undertake whatever journey is right for them.

I would and have recommended Glynis to friends and family and as a result of the wonderful journey we have undertaken together I am now seriously considering training as a breathworker/rebirther in the future.