

## Testimonials

Hanka has given a tremendous amount of guidance, support and tools I can use to help myself flourish, both at work and in my personal life.....

I enjoyed the workshop style Hanka used to explore with me my connection to who I am to myself and who I am to the world around me...

...music is my action....pain in my finger a distraction....for Hanka this was an attraction.....to seemingly invisibly release the contraction....to my fingers satisfaction.....music again, is my action.....

Visiting Hanka I never quite know which experience to expect, it seems that while I am telling her where I have my pains she intuits a response, I have faith in her responses because the experience is always beneficially fulfilling. I can also simply have a relaxing and restorative massage.....

Hanka draws my mind and body together to develop my awareness to my thoughts, beliefs and behaviours that limit my expression of feelings. Hanka is working with me to release my body from anxious pain and promote putting myself and my wellbeing more central in my life.....

In my sessions with Hanka I am learning to be aware of my body and to appreciate that there are a large no of connections in my body, to appreciate that exercises to relax, help my blood flow, and can be done at any time, my body has improved which has led to a better quality of life....it has made me aware of becoming intune with my body....

Sessions with Hanka often turn out completely unexpected results, in that I might attend with a particular issue and with her holistic probing and questioning of both body and mind she uncovers deeply rooted problems that haven't been addressed. I always come away with a greater understanding of where particular feelings or sensations in my body originated from. On one occasion I attended a massage session with aches in my side, only to discover that release came from manipulation of my shoulder. Another time I was struggling with sadness surrounding a current relationship, only to discover the root of that feeling had started during traumatic experiences as a teenager which I'd carried in my body all the time. I have learned to attend sessions with an open mind....

I was expecting a 'nice' treatment to help me relax....I got something completely unexpected.....I found myself being completely present and comfortable in my own skin and everything changed in how I perceived myself, the other and the world (this is *presence* and all it was- was my being fully embodied) to the point that for the first time ever I didn't need to put my glasses on (I am very, very, short sighted) to walk the length to the bathroom and back, I hadn't noticed that I wasn't wearing my glasses until Hanka asked me if I was aware of not wearing them, amazing thing as I actually was not blind in that moment....

...as I am recounting this, I am again feeling more present, embodied and energised – it is a place I can so forget and yet when I do return, this wonderful natural space is

home.....and at the end of the spontaneous session I kept asking is this normal, as in real, are you feeling this, this amazing sense of aliveness and Hanka said yes, the Soul knows this place as home....Hanka was so deeply attentive that trust grew every time I shared something personal and very vulnerable about myself....whereas before shame would arise and cut me off, now there was no shame, and nothing in the way and I imagine this is why we could go so deep.....

I have rarely met a person, like Hanka, who cares so deeply about our potential as human beings – physically, mentally and psychologically. She has a plethora of tools at her fingertips, but what makes them turn into gold is her wisdom, intuition and experience – these help her combine them uniquely and spontaneously, to suit the specific needs of the person she has in front of her, moment by moment. I realise with wonder that, for the first time in years, this winter I have not fallen into a relatively bad spell of depression. I have always assumed that, due to the lack of light and the cold making any good selfcare habits even more difficult to practice and sustain, winter meant unavoidable doom and gloom. But I have been having sessions with Hanka for around 6 months now and it has not happened. I find it a little hard to explain and describe the subtle, gradual shift in selfperception which happens with Hanka's guidance. But I have this sense it is so undercover that it is genius! I can best describe it with some facts. I have hardly made any major successful changes in habits and I am, in terms of my weight, at one of my heaviest points. Despite this, I am starting to feel more at peace with myself than ever before. This manifests in little things, like smiling more and chatting more to people and my dance is much looser. One morning, shortly after waking up, I heard my soul saying *'NO, I will not help you change all the things you want to change, so that you can THEN love me... because I want you to love me now, unconditionally, BEFORE you change anything...'*. Tears were streaming down my cheeks. The process one goes through with Hanka, helps one have such important realisations and to understand *why* things are as they are. She helps me become more aware of my heart and soul, so that I might start listening to them. I am also always really fascinated by the things Hanka says during bodywork. She can intuitively feel all sorts of surprising things and she really helps me discover more about myself. My fascia is also much happier and waking up. On a practical level, Hanka explains how things work really clearly and gives very helpful tips for day to day selfcare. Finally, from my own personal experience, I cannot stress enough the importance of regular sessions for this type of work and I cannot help saying that one of my favourite things about Hanka is how funny and child-like she is. This might be my own soul's journey, but some of my sessions have been so much fun and filled with laughter :)