

“ I attended a recent Thrive retreat which combined yoga and personal development workshops. We stayed in a fabulous house right by the beach with a small group of other like-minded and interesting people to explore our goals and desires for our future. It was a great way to really spend some time reflecting on life as you are taken out of your day to day grind, a useful thing to do both if you are at a crossroads or if you just want to make more out of life.

Carola is a lively trainer who shares her own experiences as well as ensuring lots of participation from the group. I found it to be a very open and non judgmental space to work in and came away with lots of things to reflect on. I loved the yoga element as it wakes up the body and mind to be able to focus on the workshops of the day.

I believe it to be very important to make the time for this kind of reflection - especially as a parent when you have so little personal time - and recommend the nurturing and healthy approach that Thrive takes.”

*Perth mum, 33 years old.*

“Since I attended one of Thrive workshops, I understood what I needed to do to take my life into a new level, I was stuck, overweight and single. Now, I am getting fitter and feel better than ever with myself and I am in a loving relationship. Thank you so much for opening my mind and heart to what I needed.”

*Female, 29 years old.*

“I really enjoy how Thrive shares information with the community through the movie nights, its such inspiring group of people, I have learnt so much, please keep the great work!”

*Male, 45 years old.*

*“I never thought I would meditate in my whole life, but after Carola and Matt showed me how to do it, why and how easy it was, I am determined to continue, as I can already feel the benefits of it. Thank you.”*

*Female, 55 years old*