Good Morning Susan,

I am feeling very well thank you and thank you for the recipes that will be coming at a later date. I really did enjoy the Mung Bean Stew. I would make it again! Basically I enjoyed all the foods. I would make all the recipes for my husband!

My thoughts on the weekend.

The weekend was very good in that it made me focus on my life and what I was doing in it and what needs to change in my life. By learning to focus on the various chakras and their energy forces I feel that I will be better able to assist myself in attaining better physical health and spiritual health. The weekend allowed me to sleep better than I have in the past 15+ years. I am interested in learning more about and putting into practice the healing power of the chakras. The food you provided for the weekend was unbelievably good for "a cleansing weekend".

I also enjoyed meeting you (as well as the other ladies) and I am sure our paths will cross again.

Take care,

S. Allen
Ottawa ON

>>>>>>>>>>>>

Hi Susan

From an invigorating walk in nature to guided meditations to plentiful, fabulous, nourishing vegetarian meals, the weekend workshop was truly a soul and body enhancing experience that I hope to carry with me forever.

Thank you,

S. Lucano
Calabogie ON

>>>>>>>>>>>>

I enjoyed the workshop held by Susan Veale/Wellness Natural Health Centre, in Calabogie. The food Susan prepared for us was natural and healthy and helped put the group into a get healthy mind set. The meditation was a new experience for me and I certainly learned a lot about the mind and body especially when it comes to stress. It was nice to meet and talk to other ladies about taking care of our bodies and mind.

Thank you,

R. McHugh
Springtown ON