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The workshops these last two days have enforced and concreted firmly as to what my experiences using CCDH has brought into my life. It has also given me the opportunity to look at myself from a much deeper aspect. This has brought clarification that using the CCDH system is absolutely right for me and I would love to thank Jeannie for her guidance, wisdom and love which she uses in her teaching. It is an experience that has enhanced my journey and given me the tools to live my physical life in balance and fulfilment in acknowledgement that I am on my path.

Thank you

Vonnie

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