

Tab 1



Participant Testimonials

Real Stories. Real Transformation.

Every retreat, class, workshop, and coaching experience is intentionally designed to educate, reconnect, and inspire. The reflections below come from individuals who have experienced Honey Yogatry firsthand. Their words represent the impact of creating intentional spaces for healing, self-awareness, and authentic connection.

Connecting & Healing Retreat

Chicago Lakefront • June 27, 2026 - 2 hour mini retreat with yoga, journaling, breathwork, meditation and more.



"Learning to release and connect."

"Becoming lighter, being able to release, learning to recognize my triggers."

Left Feeling: More Connected • Refreshed

Connecting & Healing Retreat Participant



"Breathtaking!"

"Taking a moment to breathe has now become part of my routine. It really helps to relax my face and shoulders! Sometimes it's the little things that make the biggest impact."

Left Feeling: Refreshed • Grounded



Connecting & Healing Retreat Participant



"This session delivered exactly what it advertised; I felt some healing being among people who understand my challenges and in general, doing something wonderful for myself."

"I am feeling powerful because I have learned some practices that let me both physically and psychologically help me stretch. I am on a path and though I don't know the full outcome, I feel grounded and in community enough to know I will be ok."

Left Feeling: More Connected • More Hopeful • Inspired • Grounded

Connecting & Healing Retreat Participant

Overall, how would you rate your experience today? (1 = Poor, 5 = Excellent)



What is your biggest takeaway from today?

"Sit with God and my emotions so that I can heal, change & integrate"

If you could describe this experience in one sentence, what would you say?

"The event was soul grounding!!"

Connecting and Healing Participant

Yoga Sessions - Private Gentle Slow Flow Yoga Class





"Just wanted to thank you again for inviting me to your Yoga session on Wednesday night. You were AMAZING!

I especially liked how you watched me closely to insure I was executing each position correctly. And you took your time explaining each movement with positive words of encouragement. I never thought a Yoga class would make me sweat, but you WORKED me! You were poised, confident, professional and created a smooth flow throughout the session.

I will definitely join you again and will share your contact information with friends.

Thank you! Thank you! Thank you!"

— M. Williams | March 2023



"I think it was great. I only attended 30min and I felt it in my core. I liked the gratitude part and the visualization; I'm stressed out and I needed that."

— Saturday Morning Yoga Participant | March 2025

Online Soul Therapy Session

Virtual 1.5 Hours of Connection, Breathwork, Yoga and Meditation



"Ms. Lynn you are doing Gods Work"

Soul Therapy Session Participant | March 2025





"I feel so much lighter after each session"

Soul Therapy Session Participant | March 2025

Wellness Coaching Sessions

Using the 8 Dimensions Framework to become self aware to unravel, unlearn and unlock to live the life you love.



"Eilynn has always had a positive impact on my life. When bringing her different situations that I was struggling with, she would give me a perspective that I hadn't thought of. I'm a fixer. If someone I knew was dealing with an issue, I would want to fix it for them. If I couldn't or didn't, it would result in me carrying a lot of guilt. If I did fix it, then it usually meant I was sacrificing something that was my responsibility to take care of. She guided me with tools and resources that showed me very simply, it was not my job to save everyone. This was something that may seem obvious to others, but that I had never thought about. By listening to her, I could let go of that burden of guilt that I had carried around for years. She also told me to not be so hard on myself. I had this unrealistic idea that I always needed to do everything and to do it right. I held myself to a standard that doesn't exist resulting in a feeling of frustration and constant inadequacy. She helped me to let go of those things that had weighed me down for so long. With her help, I have learned to forgive myself, to love myself, and to focus on the future, giving attention to the things that matter to Me."

— 3-Month Transformation Program Participant

Focus Areas: Emotional Wellness • Mental Wellness

Begin Your Journey



Whether you're looking to reconnect with yourself, create a meaningful wellness experience for your organization, or begin your own wellness journey, Honey Yogatry would be honored to walk alongside you.

Honey Yogatry Offerings

- Connecting & Healing Retreats
- Yoga Instruction
- Wellness Coaching
- Speaking/Poetry Engagements

Honey Yogatry LLC

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Mission: Educate • Reconnect • Inspire

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New reflections are added regularly as the Honey Yogatry community continues to grow. Thank you to every participant who has trusted Honey Yogatry to be part of their journey.