

Dear Jet,

Where does one start in acknowledging someone and thanking them for an enlightening experience, as well as, a transformational one. There are times when words just can not convey the magnitude of ones thoughts and feelings. That being said, I humbly thank you.

As a Television Producer for the major networks for the past eighteen years, I have had the privilege of experiencing many wonderful, inspiring, challenging & educational world events. The week I shared last month with the other participants, your wonderful staff, instructors and you at the Quantum Care Center is one of my most amazing experiences.

The anti-stress workshops, meditation techniques and the Ayurvedic holistic wisdom, to name only a few, we were instructed in is already benefiting me in all aspects of my life, and, are skills "ALL" business & political leaders and people of influence should adopt. Your unique methodology and abilities are truly a gift and have exceeded my expectations. I will highly recommend all of my associates, personal friends and family members attend your workshops.

The Quantum Care Center is a blessing and should expand its programs globally.

Warmest Regards,

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Bent Sønberg, age 52, state-authorized public accountant with the Addere Revision accountancy firm, manages 30 employees:

“I go on many courses every year but I have never experienced anything quite like this one. I am a naturally skeptical person and tend to take a critical approach to everything in life. In this case, my skepticism turned out to be without grounds and my stay at Gammel Lellingegaard surpassed my expectations.

The surroundings are exquisite and the teaching staff are interesting people who know how to create a relaxed and comfortable environment. The mood is infectious. The various activities are all connected and form a fantastic whole. Yoga, massage, meditation Ayurvedic cooking and in particular, the fabulous outdoor hot tub; I enjoyed it enormously.

At the same time, my attitude was given a shake up.

I felt well and almost euphoric when I left. I warmly recommend Quantum Care Center.”

Marianne Thompson, age 43, supply chain planner with the well-known brand name manufacturer Fritz Hansen:

“Quantum Care Center is a wonderful place and I thoroughly enjoyed relaxing in the beautiful surroundings with the fire crackling away in the fireplace, the candlelight and beautiful music.

The Center has a holistic approach which cuts right the way through to life’s true values. I was given the tools to help me to distinguish between the most important and less important aspects of my life. I learned to prioritize my own values in a different way so that my personal life and my working life formed a perfect synthesis.

Relaxing in the outdoor hot tub is positively wonderful. The hot water, which is scattered with herbs and oils, has a special effect on you. Lying there under the open sky looking at the stars with burning torches illuminating the night is a wonderful feeling. A professional massage afterwards leaves you feeling completely relaxed and ready to face life’s challenges. I have introduced the Ayurvedic way of thinking at home. We now drink Kapha tea if we get a cold and the Vata body oil has completely won my husband over as it brings him feelings of calm and strength.

Gammel Lellingegaard is a beautiful old manor house with a lovely ambience and whenever I need to, I can recall the feeling of calm and the serenity I experienced during my stay there.

I recommend Quantum Care Center wholeheartedly”.

Steen Hansen, age 58, Director, the Social and Health Services Department in Elsinore, responsible for managing approximately 1800 employees:

“Gammel Lellingegaard is a lovely place with beautiful surroundings and professional teachers who are tolerant and open to other philosophies of life.

The great thing about the Quantum Care Center is the connecting thread that runs through all the activities on offer. The Center offers good food for the stomach as well as the body and mind and there is a special depth in the way the teaching staff approach the subjects. They provide that extra something that makes listening to them worthwhile.

It is a very rare experience to enjoy good food, excellent surroundings and professional counseling – all at the same time to create a meaningful whole.

I have brought the concept of Ayurvedic food back with me to our canteen at the city hall.

I have also made the cooks aware of its existence and I have bought books for them on the subject. I wouldn't mind sending the cooks on a cooking course at the Quantum Care Center – or perhaps book Jet Izabella Thurmann to come and give a talk on cooking.

Massage is something else I brought back with me to the department in Elsinore. I would also love to hold a conference at the Liselund Slot castle or at the Gammel Lellingegaard manor house. Both locations are in an excellent setting and offer good food, a real treat which is made even more attractive by the possibility of having a massage, taking part in a yoga class or relaxing in the hot-tub during a break.

I highly recommend Quantum Care Center.”

Mads Thomsen, age 48, state-authorized public accountant and partner in the accountancy firm Grant Thornton, manages 150 employees:

“As a manager, I am often pushed to the limit by tight deadlines. However, it is essential that I do not show any signs of stress when I am with clients or employees.

Quantum Care Center has provided me with useful tools to help me manage stressful situations. In addition, the anti-stress workshop opened my eyes to the fact that I did not lead a particularly healthy life. I used to drink large amounts of coffee and Coke but now I am aware that they are toxins to the body.

As a marathon runner, I began to develop running injuries, inflammation of the Achilles tendon and lower back pain. When I stopped drinking coffee and Coke, as instructed by QCC and replaced them with Vata tea, the pain disappeared. QCC also introduced me to yoga and meditation which I have now made part of my everyday life. I take it easy, take small breaks during the day and relax more easily.

Meeting the professional psychotherapists gave me food for thought and something to work with, in particular, the pulse diagnosis. Imbalances that were affecting my life were identified and I was given the tools to restore the balance. The individual counseling has had a profound effect on the way I live my life.

The Ayurvedic food is delicious and is good for my stomach. It makes me want to learn more about it and to learn how to use it in everyday cooking.

My colleagues and employees have also benefited from my time at QCC. According to Ayurvedic principles, I have managed to introduce a hot dish and a hot soup at lunch in our canteen.

I can only recommend Quantum Care Center to my colleagues and to everyone.”

Rachel

Comment: This is a brand name and should maybe be changed to “cola”

Rachel

Comment: See note above