Testimonials for Mahavidya year immersion

This course is both a soulful and scholarly introduction to and exploration of the sacred feminine wisdom of the Mahavidyas. Clearly drawing on her vast amount of yogic knowledge and extensive research that is generously shared, Khadine brings to light the feminine roots of the Tantric yoga tradition - a refreshing and timely acknowledgement of a (non dual) yogic heritage.

A beautiful, sacred space is created for each of the ten course meet-ups, complete with a shrine lovingly made up of images of the goddess and her yantra, candles, flowers, incense, and offerings. As the main symbolism, creation story, meanings, and specific teachings of each goddess is explained they come alive for me through Khadine’s wonderful storytelling. This is complimented with group practices such as mantra and guided meditation, which work to deepen our connection with each goddess and her wisdom through direct experience. It also brings us together as a group in an act of *puja* / worship. There is always time for questions and discussion, and a beautiful handout is given for each goddess (I do LOVE a handout).

Google classroom is then used to support, encourage, and guide our engagement and practice with each goddess until we meet again to move onto the next deity. Once again Khadine’s passion, integrity, and generosity shines through as she shares mantras, meditation and reflection practices, writings, purification rituals, personal reflections and connections to encourage our own exploration of and relationship with each goddess. Which is always ultimately a process of *svadhyaya* /self-enquiry, guiding us towards “awakeness” and liberation (from ourselves).

Whilst perhaps inevitably I found some goddesses resonated more than others, and some months I had more time and less resistance to practice and go deeper with them (and some months quite the opposite), it has been fascinating how each one has something to teach me, and how timely that teaching always feels. It is also wonderful that the resources Khadine shares will remain available after the course ends, particularly in terms of being able to revisit the goddesses that came at a difficult time, or who, perhaps, I just wasn’t ready for - yet.

So all in all I would highly recommend this course as I would it’s teacher. Thank you Khadine, I have loved the history and theory, the embodied philosophy/practices, and the seemingly paradoxical union of opposite concepts that defy categorisation and division. What a beautiful introduction to an ancient feminine path to wholeness. – Frances Hubbard

I would 100% recommend doing the course 🧘‍♀️🕉 It’s been such an amazing journey with the mahavidyas, a real chance to go deeper with yoga philosophy and into my own experience of yoga. It takes you right into the heart of what this practice is all about where we open up to something bigger than ourselves. Really do it if you’re thinking about it anyone - Sophie Bisset

The Mahāvidyā course with Khadine is incredibly rich. The depth of her research and knowledge is inspiring and the Google classroom material is incredibly generous, allowing you to engage with this fascinating material beyond the group tutorials.

This is a truly juicy course, allowing you to meet each of these fierce female deities in their full glory, with detailed but digestible historical context and associated practises, beautifully contextualised for contemporary application.

Well conceived and expertly executed. Khadine is an inspiring guide for this fascinating year-long journey.’ – Leonie Taylor

The Mahavidya course has been a real insight to the 10 goddesses; there is so much to learn about each I would say that this has been the introduction for me - and something I will revisit over the years to further deepen my understanding about each one.

Sometimes a Goddess has really resonated with life circumstances which is pretty cool.

Khadine’s set up and imparting the course for me felt akin to folk lore, or folk-gathering; where we sit on the cushioned floor in a circle to hear all about a differently goddess each month, carrying out meditations and chants, and studying the pictures and depictions of each.

Powerful stuff - Sophie Allen

I have thoroughly enjoyed meeting the Mahavidyas! The course is beautifully structured to introduce each of the goddesses and weaves in many varied practises to access their wisdom and energy through mantra, yantra contemplation, meditations, visualisations and more. I have really enjoyed the richness of the sessions and being part of such a focussed group. It’s been surprising how powerfully each of the Mahavidyas have influenced my daily life and my only regret is that I’ve not spent longer with each of them. Khadine is such a generous and knowledgable teacher and there is so much depth in the course material and home practices that I’d like to do the course all over again!  - Donna Shilling

Khadine’s Mahavidya course has been a lovely opportunity to benefit from Khadine’s knowledge and enthusiasm for this subject. We’ve looked at a different goddess each session, focusing on imagery, mantra and meaning. This has been supported by a beautiful handout and lots of material on google classroom to work with during the month. Spending the evening with the group and Khadine once a month is also precious  - Naomi Law

Bloody brilliant.

I have really enjoyed getting to know the Mahavidya's; Khadine really knows her stuff and has done her research.  She knows so much!

Some of them have really resonated with me, and have given me real insight into my own study which is broader, into the feminine and spirituality in different cultures – Moyra Scott

I have/am loving it. The in-depth knowledge of these primary deities of tantrik practice taught with profound sincerity is a rare find in a world diluted by a flood of pop yoga.

The constant drip-feed reminders  and practices have been game changers for me.

The course has profoundly deepened my understanding and helped me shift blockages that where hitherto obscuring deeper layers of practice and experience.

My understanding and enthusiasm  has had a rocket boost from the course.

I really hope you have space for me again next year! - Jim Tarran

I loved the Mahavidya course!
As a yoga practitioner (And teacher) it is so easy to get caught up in the world of asanas  and it's so nice to keep developing the yoga theory and history part of the path.
Khadine is an excellent teacher and the course was really well structured. Both the information and practical components of the course were interesting and useful  – Effie Love

It's been a year long of bringing these deities from the Mahaviydyas
into my yoga practise daily. With a different one each month.
I'm lucky to have found a group to get even more into this with in person including online recordings to go back to whenever I want to as well as daily practises. They each possess unique qualities that reside in all of us and mostly tie into one another, they are used to focus us on awakening those qualities within, activating them into our daily lives. It's been a very rewarding practise that I will return to again and again -Karen Burton

*A brilliant course! I highly recommend to anyone seeking greater understanding of sacred Indian teachings. Khadine’s course is centred around the 10 Mahavidya’s who of which each offer implicit and explicit guidance on the trials and tribulations we often face. The course is laid out in a way that incorporates lots of great story telling as well as mantra, yantra and meditation practices. The myths around the deities are always colourful, impactful and helpful and the practices really allow you to get to know these great goddesses and how to consider working with them.*

*This is also great for those working as yoga teachers or are deep into their yoga practice who are wishing to improve their Sanskrit knowledge.*

*It should be noted that Khadine’s teaching is completely accessible and would also be great for those newer to these wisdom teachings.*

Tiffany Mendal

I have done the mahavidya course as a total novice to tantric yogic traditions, and have found it to be as comprehensive and in depth, as it is accessible and straightforward to engage with.Khadine is an excellent teacher with so much knowledge and insight into the mahavidyas. I love her unique teaching style and have gained a really profound relationship with aspects of myself, via the relationship I've developed with each of the mahavidyas. Working with each goddess is an opportunity to make contact with a deep, unconscious part of yourself and I wholly reccomend this course to anyone who has an interest in making this fundamental spiritual connection.Thank you khadine for your wisdom and work. I will keep these incredible goddesses close. Jessica Cruz

Khadines course has proven to be an excellent introduction to the Mahavidyas. She offers a wealth of information, ample practices and support throughout, and I would heartily recommend it to anyone who is interested in exploring practices with divine feminine, or looking for a reliable introduction to tantra practice.

Khadine is a versatile and engaging teacher, drawing on her considerable studies and self practice to bring the mahavidyas to life. I feel very well prepped for continuing my own study using the resources Khadine has provided and the practice of focusing attention on a chosen deity each month has provided me with something to centre myself around during a turbulant and difficult year.

On a practical note, considering what has been offered through the year, the investment for the course represents excellent value for money.

Tracey Clare Winning

I have simply loved Khadine’s mahavidya course . She is so lovely to listen to and I have learnt many things. I am planning to do the course again as there is so much to learn ! Thankyou Khadine for being such a brilliant teacher . Amanda Dalgleish

The Mahavidya Goddess course led by Khadine is extremely highly recommended by me. This course has actually changed my life! I am joining again next year :) Claire O’Neill

I took the Mahavidya course in 2021 and I intend to come back for more! This is a wonderful door opening into a grand history, theology and wisdom which can't be encapsulated without experience. Khadine has brilliantly framed the course to allow the deeply spiritual or purely intellectual to flourish. These wonderful and diverse archetypal goddesses are spaced over the year allowing time to get to know each one. This very much felt in tune with the changing character of the seasons and brought new shape and form to the passing months.

As a man taking the course I was aware of the apparent female focus of Goddess worship. However, this was certainly not a limitation that had relevance. Indeed I think it's imperative that more men learn to integrated these aspects of being.

Also you get nice tea if you go in person! (-:

Oliver Smyth, Nov 2021

This course is absolutely brilliant and I've loved it all.  The sessions are packed full of information and practice and delivered in a brilliant and beautiful way.  Khadine's knowledge is quite astounding and she clearly embodies the practice - she's a shining example of the benefits of using the practices in daily life!  I can't recommend it highly enough to anyone wanting to learn more about the tantric path. Helen Kowalski

Khadine’s Mahavidya goddess course has been a game-changer for me over the past two years. What a veritable feast of well-researched information, mantra and meditation practices (that arrive in person, via zoom meetings and to my phone app)! The insights I have learned on this course have transformed the way I practice yoga and meditation and, beyond this, have provided me with a structure and support during covid times that has been a true safe harbour. I’m now enjoying the course for the second time and my understanding only gets more deep and profound. I’m grateful that I’m now able to call upon the qualities represented by these goddesses as and when I need them in my daily life. It’s a great source of strength - thanks Khadine! 🙏🏼💗 Emmy Hudson

Working with these extraordinary goddesses has been a very powerful and transformative experience for me. Under Khadine’s guidance we explore each of these deities with a depth and sensitivity which allows their unique qualities to illuminate and inform one’s own life. If you’re wondering whether to do this course I would recommend jumping on the ride. You will not be disappointed. Natasha Dahlberg

Genuine, deeply knowledgeable and humble teacher. And for something more in depth. Sign up for her deep dive into the Tantric Goddess’s. Lisa Nicholl’s-Rider