



Testimonial

I am very grateful I found Puja and chose this retreat as my first ever such experience. It set the bar very high and I am excited because that's exactly the life I want. I am so happy I can continue work with Puja to achieve it.

Giedre Z.

What was life like before attending the retreat?

It was busy. Overwhelming even. I over committed myself to too many things, people, projects.. I felt I didn't want to think or make a single decision anymore.

What really made me book was an idea of escaping to a world where I don't have to take care of anyone, not even myself. It sounded like a dream. And it really was.

What problem(s) were you trying to solve at the retreat?

Being understood and appreciated.

There were a lot of changes at work and in my personal life recently and more than one time I felt like I didn't have the right people in my life to talk to.

I was looking for a tribe.

What made you happiest about being at the retreat?

Feeling safe. Every time I shared my story, my thoughts or my perspective on anything I felt a thousand hugs from every single person on this retreat (even staff of the villa). It was such a safe and warm environment it made it so easy to open up and really be my authentic self. Probably the first time in my life. Oh and wearing all of the outfits I don't feel confident enough to wear in London!

What has exceeded your expectations?

Firstly, how it was organised to the tiniest detail.

I am personally a very detail oriented and organised person and I was very very impressed.

The moment I received full agenda for every single day of the retreat by hour - I knew I could trust Puja. She was my kind of people.

Secondly, how every single person on the retreat had something in common with each other - it made it very fun to get to know them!

And lastly, the coaching mixed with spirituality. Not sure if I am using the right words but I felt that Puja was more than our coach.

It was actually pretty magical.

What have you been able to
achieve since attending?

I found my voice.

Both inner voice and my actual voice when
it comes to standing up for myself and my
beliefs.

I feel stronger, more confident.. even taller!