



# Testimonial

We came together as strangers, we  
left as a tribe.

There was respect and love for one  
another.

I am grateful for the opportunity  
and look forward to the next one!

**Sukhi R.**

# What was life like before attending the retreat?

Life was literally just breathing, constantly balancing everything and worrying about absolutely everything possible.

I felt very isolated and alone.

I booked the retreat in the hope to begin healing, I've not had a chance to deal with some difficult life events because I've had to just keep going.

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

Trying to manage a number of personal challenges from childhood to adulthood.

I knew the retreat wasn't going to be a quick fix but I knew this was the first step.

What made you happiest  
about being at the retreat?

I really enjoyed the solidarity.

We stood by one another.

The mountain tested some of us and we  
stood together.

I loved the meditations, the journaling and  
just being in the moment.

# What has exceeded your expectations?

I never expected the love I received, I never thought I would be able to do meditation but I got there finally!

I really enjoyed the wisdom Puja shared with us and she gave us time. I respected her honesty and appreciated it very much.

# What have you been able to achieve since attending?

I was able to forgive myself and start my healing journey. I now have tools to help me when things do not go to plan.

When things do not serve me in a positive manner I am able to navigate that.

I journal and do my daily gratitude.

I listen to Puja's podcasts every day.

I have started my journey and am beginning to find me.

# Additional Comments

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