



Testimonial

In an ideal world I would be looking to attend one of Puja's retreats at least once a year. I feel that this is an important journey as we grow and change and face new challenges in our lives.

Fiona HD.

What was life like before attending the retreat?

Busy, I felt like I couldn't organise and prioritise things in my life. I was also struggling with certain aspects of life and how I dealt with certain things and it was making life feel harder than it needed to be. I needed to step away have an alternative perspective of the unhelpful patterns that I was following.

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

I was trying to break patterns that I was finding myself self in due to previous challenges from relationships and family life. I knew that the retreat would not fix that but I did know that it would help me to have faith in the things that I already knew deep down and to help me to find the tools to start to break the patterns that I kept finding myself in.

What made you happiest about being at the retreat?

Finding a level of peace that I haven't been able to find in a while due to the hectic schedule that I find myself in. The ability to just stop and step away from the constant to do list that I have. I have in the last year most certainly felt that life is happening to me and I am not getting a chance to enjoy it so I got to stop and understand all the things that I have done and see where I was.

What made you happiest about being at the retreat?

Also feeling safe in a space so that being who I am didn't feel scary. Being around women who themselves had all different levels of life experience and were all there to work on their own challenges but none of which had judgement or anyone feel that their challenges were greater than others. Having women who had your back throughout the experience and wanted to lift each other up so that we could all reach our potential.

What has exceeded your expectations?

The group. There is always a fear that when you attend something where you know no one that there will always be challenges within that group but it was truly magical. I do not use that term lightly I genuinely feel that my experience was enhanced and I got more out of the week because of the women that were there. I felt a level of comfort that I've not felt around people that are strangers and it's hard not to sound cheesy but we came together as strangers and we left as friends.

The amount that Puja tapped into what I needed to address. Knowing what I needed to work on but also becoming aware of things that I felt I had dealt with was still something that niggled at me more than I had anticipated. The ability along with the other women to bring my own understanding and experience of situations to their healing was amazing. It was also an opportunity to address how much healing I had done prior to attending the retreat and to be proud of the woman I have become in recent years.

What have you been able to achieve since attending?

Trying to slowly reintroduce that balance into my life that was missing and not giving myself a hard time when I do not achieve what I intend to. Making sure that I place value in myself and what I am doing. On a daily basis recognising what I am achieving and what I am doing. It is also helping me understand what is important and what isn't giving me value and taking away from my own shine.