



Testimonial

I loved the feeling of not having to worry about anything and yet everything was planned to the maximum detail and our days were filled with surprises. I thoroughly enjoyed everything.

Ana A.

What was life like before attending the retreat?

I felt hopeless, without purpose. It was increasingly more difficult to trust other people and create new connections. This put a strain on many of the important relationships in my life.

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

I felt overwhelmed with my daily struggles.

So many little things that kept me from being happier and feeling fulfilled like being more healthy and managing my work stress. My main concern was how I was going to rebuild some very important relationships.

What made you happiest
about being at the retreat?

I entered the retreat without expectations.
I loved the feeling of not having to worry
about anything and our days were filled
with surprises. I enjoyed the most amazing
vegetarian food ever.

I thoroughly enjoyed everything.

What has exceeded your expectations?

Puja is detail, detail, detail...in the best way possible. You will feel special and supported all the time. Puja will not rest until she brings out the best in you. And in my case she brought back my biggest asset...a big smile on my face (the outcome of a happy and grateful heart). The group was also awesome. My Morocco Tribe. Unforgettable experience that will help me for life.

What have you been able to achieve since attending?

Hopefully the retreat will help me set grounds for a happier and healthier life (gave me great food for thought and great food for my body).

My mindset at the end of the retreat was so optimistic. I feel so grateful for this experience.

Additional Comments

There is no language barrier for taking part in this retreat. Although English is not my first language, I had no problem engaging either with Puja or the group.

The most special moments were unspoken...sharing, hugging, laughing, crying, savouring amazing food, etc.