



Testimonial

I feel rejuvenated, ready and excited for what is next, calmer than I have done for a long time and committed to continuing the practices we learnt that I so enjoyed.

Sarah H.

What was life like before attending the retreat?

Life was a mixture of feeling unstructured and unfocused combined with a slightly chaotic feeling of uncertainty especially after the pandemic.

Professionally, I was starting to feel slightly burnt out and personally, I was not dedicating time to focus on what I really want my life to be like. I had never taken the time before to really focus on changing this for the better.

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

I wanted to take some time to really focus on why I was drifting, on what I really want from life and how I want to be in it; my relationships, my day-to-day, my work, where I spend my energy and how I could live a life feeling fulfilled and happy.

What made you happiest about being at the retreat?

From the moment we arrived, it was like stepping into another world, where anything and everything is possible. Puja has a process that is unique, extremely well thought out and put together with an abundance of love, care, deep insight and a certain amount of magic! Every detail was so well considered and planned that each day was an adventure waiting to unfold.

What made you happiest about being at the retreat?

Time stood still and it was so easy to be in the moment, relaxed, focused, enjoying the beautiful retreat location, the company of others, all while being able to really focus on the work we had come there to do under Puja's careful guidance. It was bliss!

What has exceeded your expectations?

Puja somehow attracted a group of very special, incredible people, who took part in the retreat. Women who showed up for themselves and for each other. Right from the start, everything felt very comfortable, very easy, inviting, caring and really like 'home'. I cannot believe how lucky I am to have met such an amazing group of women, who now feel like old friends.

What has exceeded your expectations?

At the core of that was Puja, who nurtured us, made us focus and feel accountable, and made us work hard without making it feel like hard work by giving us the tools we needed to succeed. I had been looking to find a retreat for quite some time before I serendipitously found Puja and something just felt right about it from the very beginning. I wasn't wrong! I really feel like I have found the mentor, guide and wise sage I was looking for. I cannot wait to continue working with Puja now that I'm back.

What have you been able to achieve since attending?

I have been able to uncover what is really holding me back. I voiced things during the retreat that I have never felt able to before. Throughout the week, the process we followed and the work we did together enabled me to dig deep into what I need to focus on, to uncover and let go of what doesn't bring me happiness, & what I want to bring more of into my life. I feel rejuvenated, ready and excited for what's next, calmer than I've done for a long time & committed to continuing the practices we learnt that I so enjoyed.

Additional Comments

There are some people you meet in life who are just a little bit magic. Puja is one of them and I cannot thank her enough for sharing her gifts with us all. She is truly brilliant at what she does.