

A retreat with Sofia

Experiences from a 'yoga newbie'

My experience with Sofia

I was one of the lucky people who attended Sofia's yoga retreat in September 2021 and, honestly, even being new to the Yoga world, it couldn't have been better!

I define my experience during the retreat with her as...

- ❖ Easy
- ❖ Relaxing
- ❖ Renewing
- ❖ Creating Lasting Change



What Sofia offers

The retreat

The retreat was organised in a delicate manner where timings were perfectly synchronised so that **there was space for yoga but also for yourself and for spending quality time with a like-minded group of fantastic people.**

The days couldn't start any better, with an energising **Vinyasa** finalised by a **guided relaxation** where Sofia had prepared an imaginary trip to a magnificent garden: a place within our minds where we could return whenever we wanted **to feel safe.**

Mornings were followed by walks in nature or time on your own, and a yummy, vegan lunch was thereafter offered to the group in the coziest dining room ever.



A resting workshop was prepared for the afternoon in a flexible way (as Sofia considered our preferences): she kindly guided us to some useful inner questions and finding our answers in active dialogue with others.

Internal work led to **real, personally built affirmations** to change the way we feel about resting and consciously align with our resting practices. Still in my mind.



More free time was left before heading back to a **Slow Flow practice (including glorious final relaxation)** at sunset time, and a delicious dinner where a chimney, cozy lighting and personalised playlists for the group were waiting!



Of course, the quality of my sleep those nights was the best ❤️

Sofia's "small" details

- ❖ Practices were perfect for advanced yogis but also for newbies like me – nobody felt ahead or behind: Sofia encourages you to listen to your body and mind at your own pace so that you can **attend your needs whilst feeling comfortable and supported in doing so.**
- ❖ If you want, it's not only about physical exercise – **it can also be about body-mind-soul connection.**
- ❖ Sofia took the time to study our questionnaires so that she could prepare a lovely set of presents **specifically dedicated to what each of us expected to get from the retreat.** In my case, I said I loved chocolate and wanted to relax... so there were a natural calming oil and a vegan chocolate bar from responsible sources waiting for me (among other things!). Now, every night when I apply the oil to my pulses before going to sleep, that naturally leads me to Sofia's retreat mood ♥



- ❖ She prepared playlists for dinner time with our favourite music... **if this is not attention to detail, I don't know what else may be!**
- ❖ In summary... **it's all about YOU.**



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The accommodation: 10/10

Of course, retreats will be in different locations; however, the standard which Sofia established with Purusha Retreats gives you an idea of the amazing places she'll find out for the next retreats.

Would I be back?

Are you kidding... YES!!

And I'm back every time I want to relax... at least in my memories 😊 I think I'd be nervous of going to a different retreat now I've tried Sofia's standards!!

Is it worth the price?

More than you can imagine

Sofia doesn't simply offer few days away in an amazing place practicing yoga. She makes a new **lifestyle** of the whole retreat so that you can implement it in your **mindset** and daily routine for a tangible, last changing improvement in your inner peace and resting practices.

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