

QUADRILIBRIUM RETREAT  
WITH VEE  
LA PUGLIA 17 TO 24 SEPT 2022

Learn to heal yourself and release negative beliefs that keep you imprisoned. Let go of destructive emotions, such as resentment, fear, depression, anger, failure, jealousy, and hopelessness . Connect to the wisdom of your body, learn to use your intuition, open your heart, and experience Joy, Compassion, Clarity, relaxation and Love . Discover your body's innate intelligence and use it to create amazing transformations. When you let go of the shell that covers your true nature , you discover the radiance of your authentic Self. Only you have the power to change your life  
Inna Segal

*“Yesterday i was clever i wanted to change the world,  
today i am wise i am changing myself” RUMI*



After 20 beautiful years in Bali both practicing and leading Yoga retreats, I am delighted to introduce Eudaimonia Retreat to the UK. I aim to share with you my experience and knowledge about spiritual growth and well being awareness.

Yoga has been experiential life long practice incorporating mind, body and spirit into every aspect of my every day life for the past 20 years. I have gone from a beginner, novice student to a mature, experienced teacher while remaining in learner mode and always open to its lessons. While my yoga practiced has changed throughout the years, I have also changed with it. Yoga continues to

be a source of inspiration, challenge and growth in my life. The retreats are open to all levels of capabilities from beginners to experienced practitioners

[Eudaimonia-retreat.co.uk/](http://Eudaimonia-retreat.co.uk/)

