



PENELOPE HARDY

QUANTUM COACH

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REFLECTIONS ON 2023 AND SETTING INTENTIONS FOR 2024

## EMBRACING THE JOURNEY

As we bid **adieu** to another whirlwind year, it's time for a heartfelt chat about the hurdles and victories we've faced in 2023. **Can you relate to the challenges of setting boundaries, battling judgment, nurturing self-love, and navigating the intricate dance of relationships?** It's been a rollercoaster, hasn't it?

Mercury retrograde is nudging us toward **authenticity**, urging us to **embrace our true selves, fortify those boundaries, and lay down the strongest foundations** possible for the adventures that await in 2024.

So, **what's your vision for the upcoming year?** What **magic** do you want to weave into your life? Share your aspirations, manifest your dreams, and paint **your intentions** for a fantastic 2024.

**Remember, you're not alone** on this journey. Each of us is an ambassador for someone else, weaving a tapestry of encounters and experiences that serve as our greatest teachers. Some lessons are swift to sink in, while others take their time, a continuous process of growth and understanding.

Here are words of wisdom: "**There is no better place than the one I am at in the now moment.**" Profound, right? Sometimes, we have all the tools and the instruction manual for change, yet we hesitate to hit that '**activate**' button. How can we expect life to morph if we don't take the leap?

**Change isn't a rapid transformation;** it's a slow burn. It takes time to dismantle age-old beliefs and patterns. There's that uncomfortable phase of the unknown, a time when it feels like we're shedding layers of who we once were. But fear not! **That's when the magic happens.** The shift occurs, and a new reality blooms into existence.

**Stay tuned** for more insights in our next edition as we dive deeper into this **incredible journey of growth and transformation.** Until then, **keep shining your light and embracing the beauty of your evolving self.**

Warm regards and wishes for a wonderful holiday season to you.

*Penelope Hardy*

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## HOW YOGA BECAME ESSENTIAL TO ME?

My journey with yoga began amidst the bustling streets of Hong Kong, where ***I struggled to find my rhythm and my mind was ruling my life.***

It wasn't until discovering **Iyengar** in Paris that everything shifted. Despite initial challenges, with a mind that never seemed to rest, I discovered the remarkable benefits of yoga and its ability to empty my thoughts. It was a revelation. I'd never experienced such focus before. Each session left me feeling invigorated, as if I had discovered boundless space within. Unlike my usual tendency to lose interest quickly, I found myself deeply engaged in yoga. ***It became a constant learning process.***



I explored various styles but always returned to Iyengar, shaped by remarkable teachers like Helen, Shoza, Filipe, and Camille, whose Yin Yoga complemented my practice beautifully. After a decade, I pursued Yin Yoga Teacher training, becoming a certified teacher.

As a Yin Yoga Instructor, ***I relish being a student in the presence of my students.*** Their energy fuels my teachings, and I draw inspiration from their journeys, my years of Iyengar practice, and the vibrant pulse of the present moment.

Yoga, in all its forms, offers a multitude of benefits that extend far beyond the physical. There's a style of yoga for every kind of mind. Discovering your own can unlock the magic of its teachings.

***Remember, yoga is a philosophy of life, a journey, not a passing trend or a goal to achieve.***

Yes, there are days when I feel lazy and unmotivated to practice, but I can't recall a single instance where I regretted it. Each practice, no matter how reluctant I felt initially, ***always leaves me feeling positively transformed.***

Join me on this incredible journey of yoga and self-discovery.

*Penelope Hardy*



### WHEN & WHERE?

Experience intimate yoga sessions nestled in the cozy ambiance of Parisian apartments or other ***serene locations.***

Join our regular ***workshops***, accommodating a maximum of 10 individuals, focusing on specialised topics to deepen your practice.

**Want a more personalised experience?** Arrange private classes tailored to your needs, conducted via Zoom, in the comfort of your home, or as part of a rejuvenating retreat.

***Every class is uniquely crafted,*** responding to the collective energy of the group, ensuring a transformative experience for all participants.

***Book your spot now and embark on a journey of personalised yoga, perfectly attuned to your energy and aspirations.***



# CONNECT TO CREATE

WELCOME TO A REALM WHERE **CONNECTION**  
IS THE CORNERSTONE OF **TRANSFORMATION**.

Our ***tailored programs*** are a gateway to a profound journey unlike any other. In 2023, I witnessed an ***incredible unity among individuals***, revealing shared triggers on collective themes, an experience that shaped ***the essence of our offerings***.

**IMAGINE unlocking the depths of your being** through our acclaimed "DISCOVER YOUR TRUE SELF" and transformative "SHADOW WORK" programs. These aren't just sessions; they're ***gateways to personal revelations and growth***, sought after and cherished by many.

And if you've ever struggled with the elusive art of "SETTING BOUNDARIES" or wrestled with the weight of JUDGEMENT & GUILT, our workshops ***offer profound liberation and understanding***. The healing prowess of QHHT sessions has been a source of profound nourishment.

## FOR 2024, WE'RE UNVEILING A TREASURE TROVE OF NEW EXPERIENCES.

From "***Breaking Free from Self-Isolation: The Art of Accepting Help***" to the exclusive insights from ***my forthcoming book***, tailored explicitly for the vibrant souls navigating HATS (HYPER ACTIVE THINKING SOULS), these are journeys of empowerment and profound self-discovery.

But our repertoire extends far beyond. Picture this: a secluded, ***exclusive*** retreat: a mind and spirit boot camp curated just for you, a ***sisterhood's*** journey toward ***harmonious*** relationships, or a ***customised*** retreat ***designed*** at your request. These aren't just retreats; they're transformative sanctuaries, crafted to ***transcend your every expectation***.

**What sets us apart?** We're not just another coaching or therapy service, we're pioneers of transformation. Our offerings are an ***embodiment of exclusivity and uniqueness***, an experience so ***extraordinary***, you won't find it replicated elsewhere.

EMBRACE THIS **UNPARALLELED JOURNEY OF TRANSMUTATION** AND SELF-DISCOVERY

JOIN US, AND LET'S EMBARK ON SOMETHING **TRULY EXTRAORDINARY** TOGETHER.

*Penelope Hardy*

**[CLICK HERE TO BOOK YOUR FREE DISCOVERY CALL](https://linktr.ee/awishlink)**

# THE SACRED ROADS OF SRI LANKA

FEBRUARY 3RD TILL 13TH, 2024

ARE YOU READY to embark on an **intimate and transformative 10-day journey** through the mystical landscapes of Sri Lanka? Join us from February 3rd to 13th for an exclusive retreat designed to rejuvenate your spirit and uncover the hidden gems of this mesmerising island.



**Discover Hidden Treasures:** This retreat isn't just a typical tour; it's a passage to few of the less-explored realms of Sri Lanka. Experience the enchantment of Sacred Mount Adams, where ancient mysticism meets breathtaking panoramas. Dive into Ratnapura, the City of Gems, to witness the brilliance of these precious stones and delve into the city's rich cultural tapestry.

**Rejuvenate Your Being:** Amidst these hidden wonders, find solace and restoration at Hirikitya Beach. Immerse yourself in the tranquility of yoga sessions on the shores and embrace the soothing rhythm of the waves. Whether you're a seasoned surfer or a first-timer, the beach offers an opportunity to connect with the ocean and nurture your adventurous spirit.

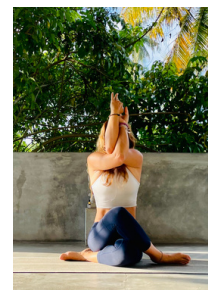
**Soulful Healing and Exploration:** Throughout this journey, delve into the depths of your being through meditation, yoga practices, and empowering quantum coaching workshops. Engage in conversations that awaken your frequencies, heal past wounds, and elevate your consciousness.

**Tailored Lodging for Every Budget:** Your comfort is our priority. Choose from a variety of lodging options that cater to all budgets, from cozy single rooms to shared accommodations. Rest assured, each lodging choice has been curated to ensure a serene and rejuvenating stay.


**Intimate Experience for a Limited Few:** To maintain an intimate and personalized atmosphere, this retreat is limited to a maximum of four people. This ensures a close-knit group where connections flourish, bonds deepen, and individual growth is nurtured.


**Your Journey Awaits:** Escape the ordinary and embrace the extraordinary. Allow the roads less traveled to guide you on a soul-stirring expedition through Sri Lanka. Reconnect with yourself, explore the mystical, and ignite your inner light on this transformative retreat.


**EMBRACE YOUR TRUE SELF**



**[CLICK HERE TO BOOK YOUR CALL TO KNOW MORE](#)**

 3rd of February 2024 - 14th of February 2024

 From 1555 €

 Sri Lanka : Adams Peak, Ratnapura & Hirikitya

<https://linktr.ee/awishlink>

# POSITIVIUM IBIZA

JUNE 2ND TILL 9TH, 2024

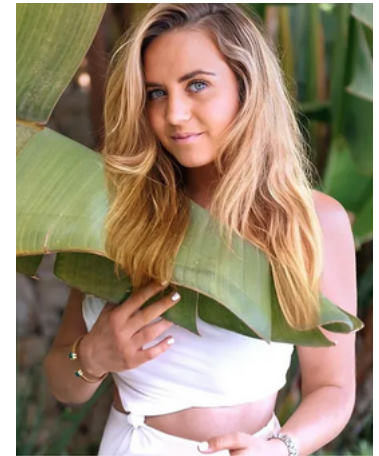
Get ready to unlock the magic within! You've found the ultimate destination for an extraordinary experience. I'm beyond excited to share that I'll be a part of this incredible retreat in June.



**My dear friend Laura, along with Anna, has been curating this retreat for years.**

**Now, they've invited me as a healer, armed with quantum tools like Enneagram, QHHT, and Akashic Reading, to join this exceptional team.**

**Our purpose is to offer an experience filled with joy, healing, discovery, and more...**



Only a few spots remain! Join us before the island gets bustling for summer. Take a break before the chaos of family holidays or your children's exams. Or simply indulge in a well-deserved escape.

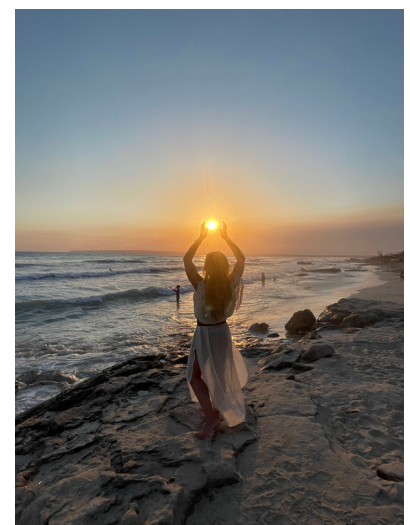
Imagine being pampered in our luxurious villa, nestled in the serene Ibizan countryside—surrounded by citrus orchards, olive groves, and enchanting pine forests. Classic views of Ibiza's rolling hills and its world-renowned sunsets await you!

But wait, that's just the beginning! Here's a glimpse of what awaits you:


- A powerful fire ceremony to initiate your transformative week.
- Alchemical Breathwork Journey
- Rewiring the Subconscious Mind & Shadow Work
- Embodiment and Sexual Energy Sessions
- Akashic Record Healing
- Starseeds and Past Life Readings
- Inner Child Play and Healing, Acroyoga, Yoga, Dancing, and More
- Heart Portal Activation with Cacao Medicine
- Kundalini, Higher Consciousness, and Higher Chakra Activation
- Manifesting Power Workshops
- Fun-filled activities, beach clubs, and an unforgettable closing party


This retreat isn't just a getaway—it's a holistic experience, offering medicine for your mind, body, and soul. Don't miss out on this exclusive opportunity!


## EMBRACE IBIZA'S MAGIC



**[CLICK HERE TO BOOK YOUR CALL TO KNOW MORE](#)**

 2nd of June 2024 - 9th of June 2024

 From 4000 €

 Ibiza

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# CONTACT

AND MORE

The initial step toward discovering your **wellbeing toolkit** **begins** with reaching out to us.

We **believe** in fostering a **connection**, which is why we offer a **complimentary call**.

This call is an **opportunity** to gauge our resonance, assess your needs, and determine if we're the right fit for your journey.

If there's a better-suited **guide** within our network, we'll gladly direct you.

**DON'T HESITATE => REACH OUT TODAY.**

[CLICK HERE TO BOOK A FREE 30 MINUTES CALL TO SEE HOW WE CAN ASSIST YOU](#)

**BOOK**

**SOCIAL MEDIA**

