



NEW BEGINNINGS

OPENING TO THE UNKNOWN...

March has been fulfilled on many levels. Very interesting period indeed.

For many of us, it has been a month of changes and observing new potentialities. Challenged by political instabilities and uncertain ways of transportation, France has been on pause one more time.

I tend to look at those "pause" moments as a time to reflect on how to navigate life differently. New options, new ways new opportunities, new dynamics, and more....

One thing I learned over the past years is that a lot come **from stillness and listening from the silence**. More precisely, the importance to **take time for myself**.

That been said, lately, I have been quite inspired on **creating** new teaching materials, **programs** and **retreats**. It is fabulous to see that the Univers has so much to offer and that we have it all inside us. It is just a matter of **opening up our eyes and heart** to the **UNKOWN**. Never the less, opening up to discovery and newness can be frightening but remember, **the fear is just a memory of the past**. Letting go of those memories is essential to embrace the new ME and the life **we want to manifest**.

Letting ourself to be surprised... is the key to happiness...

With love
All-ways

Penelope Hardy

IN THIS NEWSLETTER

- Page 2 => April Retreat **INTIMIST PARIS**
- Page 3 => Healthy Tips: Almond Milk Recipe & Benefits
- Page 4 => The Rabbit Symbolism
- Page 5 => New Program: Shadow Work
- Page 6 => April & May Events



INTIMIST PARIS

FIRST RETREAT IN PARIS

Explore and discover endless possibilities.

**Towards the best version of ourselves
and an exceptional lifestyle.**

April 24th till 28th, 2023

10h00-12h20 Monday to Friday

255€ for the 5 days & 60€ for one day

Paris 16e

**Limited spots*

THE FIVE AGREEMENTS

THE RETREAT

Most of us have heard of the *Four Toltec Agreements* by Don Miguel Ruiz, but there is a *fifth agreement*. Did you know about it? How can these *agreements* and *asanas* strengthen your yoga practice and help you reach your *full potential*?

During these 5 days of self-discovery, we will explore a new part of our body, mind and soul, towards *self-love*, *confidence* and *manifestation* with this *YIN YOGA Fusion* teaching.

I will guide you and share with you many keys to *peacefully navigate* your daily life.



Penelope Hardy

YIN YOGA and its benefits?

Originating from Taoist thought, Yin represents immobility and Yang movement.

Yin Yoga is a gentle and deep yoga that uses the classical yoga postures with a different approach. Yin Yoga will teach you to slow down with gentle asanas. A deep and total letting go.

- Cultivating gratitude for the body.
- Flexibility of body and mind
- Allowing yourself to slow down
- Compassion and self-love
- Discovering our emotions and transcending them
- Reducing stress and anxiety
- Improving joint mobility
- Lengthen and stretch tight muscles
- Help promote mindfulness
- And much more...

What happens at the retreat?

- Daily 2 hour yin yoga class with Penelope
- Easy DETOX & HEALTHY recipes
- Emotional release
- Keys to a healthy and serene lifestyle
- Peace of mind and a mobile body
- Surprises...

Why is it for you?

- You want to relax
- You don't know how to let go
- You are stressed, anxious and overwhelmed by your emotions
- You want and need to take care of yourself.
- You are curious and wish to discover another version of yourself.



Almond Milk

*To create Harmony
in the Body and Mind*



Ingredients



110 gr of Almonds



3 Dates



700 ml of Water



a pinch of Himalayan Salt



5 gr Cinnamon



5 gr of Cardamon

Recipe

Soak the almonds overnight
Mix in all ingredients in a blender.
Filter with a cotton cloth
Store in a fridge 3-4 days.

This homemade Almond Milk is fabulous as
Hot Chocolate or Smoothies.
ENJOY...

Benefits

HELPS WITH WEIGHT MANAGEMENT

One cup of almond milk contains only 60 calories, as opposed to 146 calories in whole milk. It makes for a great substitute that will help you lose or maintain your current weight.

KEEPS YOUR HEART HEALTHY

There's no cholesterol or saturated fat. It's also low in sodium and high in healthy fats, which helps to prevent high blood pressure and heart disease.

KEEPS YOUR BONES STRONG

It doesn't offer as much calcium and contains vitamin D, reducing your risk for arthritis and osteoporosis and improving your immune function.

KEEPS YOUR SKIN GLOWING

Almond milk contains 50 % of the recommended daily vitamin E, which contains antioxidant properties essential to your skin's health, protecting it against sun damage.

BARELY IMPACTS YOUR BLOOD SUGAR

Almond milk (with no additives) is low in carbs, which means it won't significantly increase your blood sugar levels, reducing your risk for diabetes. Because of its low glycemic index, your body will use the carbs as energy so the sugars aren't stored as fat.

CONTRIBUTES TO MUSCLE STRENGTH AND HEALING.

It contains plenty of B vitamins such as iron and riboflavin, both important for muscle growth and healing.

KEEPS YOUR DIGESTION IN CHECK.

Almond milk contains almost one gram of fiber per serving, which is important for healthy digestion.

LACTOSE-FREE

This makes almond milk a suitable, lactose-free substitute.



Approach your contemplation with *sincerity*, and you will begin to sense the innate intelligence in the *miracles of nature* we rarely take time to notice. Each earthlings has its own frequency and therefor a meaning. Starting to be more present in the now of our everyday life, we can see more clearly within and our surrounding.

Writing this newsletter over *Easter Weekend*, I was called to talk about the RABBIT. *What does this cutie has to tell us?*



THE RABBIT

AND ITS MESSAGES.

The Rabbit represents **mercy, peace, and elegance**. It symbolises **fertility, luck, and creativity**. The rabbit carries strong energies of hope, renewal and new opportunity.

Rabbits are gentle, loving animals with a lot to teach us about life. If you've been feeling lost or out of balance lately, your inner rabbit can help guide you back to your center. The rabbit can also be a powerful ally when you want to start a new chapter in life.

Spirit animals are life guides that point us in the right direction while teaching us lessons. *Totem animals* are also spirit guides, but are called upon when we need them most. Both spirit and totem animals protect and guard, and help us find our higher purpose.

In many myths and legends, Rabbits act as guides between Heaven, the Earth, and The Underworld. They're a potent emblem of Shamanic journeys and may even be called upon to monitor those rituals.

When the Rabbit *Spirit Animal* leaps into your life, it's time to stop, look, and listen as you've never listened before. It often appears when personal transformation is necessary or about to happen. **Rabbit Energy** challenges your reflexes and supports you in tapping into your psychic skills. You have a deep sense of knowing what direction to take to ensure progress in your life and your spiritual path. You may also glimpse bits of information for helping others in your circle.

Rabbit spiritual meaning is often associated with Lunar energy.

Great news, the Rabbit is also a symbole of abundance ad intelligence, great observer. People who identify with the rabbit spirit animal are often intelligent and creative, using their intelligence and skill to solve problems that others cannot.

Rabbit Symbolic Meanings

Key

Fertility / Abundance /
Stillness / Unpredictability /
Divination / Signs, & Omens /
Survival Instincts / Psychic
Senses / Shapeshifting /
Speedy Action / Wit

Remember Alice in Wonderland or Peter Rabbit? Knowing the meaning of the rabbit, would you see the story the same way?

DO YOUR OWN RESEARCH AND FIND WHAT RESONATE WITH YOU IN THE NOW MOMENT

Sources:
<https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/mammals/rabbit-symbolism-meaning/#Totem-Rabbit>

<https://linktr.ee/awishlink>





NEW PROGRAM - SHADOW WORK



“When you bring consciousness on your magic and your dark side, you can discover your true self.”

Penelope Hardy

The **Shadow Work** is a deep exploration of your subconscious. It is working with the conscious and unconscious mind to bring some light on what it is to be removed, transformed or transmuted. All those parts of us that we ignore or reject. It is working on un-programming what no longer serves us. To lay a solid foundation on our path for our growth towards the best version of ourself is the first step of the Shadow Work. It is a journey based on our free will and responsibilities of actions.

We always have a choice to go deeper, to take a break or even to stop.

Our SHADOWS affect our well-being, our relationships, our life...

*The **Shadow Work** is about bringing consciousness and awareness on our life towards self-acceptance, self-love and compassion.*

How does our SHADOWS affect our life?

- Lack of confidence
- Self esteem
- Anxiety
- Sabotage
- Illusion
- Fears
- not limited to the above

Benefits of SHADOW WORK on our life?

- Gain more confidence and self-esteem
- Better relationships
- Self-Love
- Peace of mind
- Finding truth within
- Discovering new talents
- A better clarity on what is...
- not limited to the above

“One does not become enlightened by imagining figures of light, but by making the darkness conscious.

The latter procedure, however, is disagreeable and therefore not popular.”

Carl Jung

READ MORE 

[CLICK HERE TO BOOK A FREE 30 MINUTES CALL TO KNOW MORE AND ASK ANY RELEVANT QUESTIONS](https://linktr.ee/awishlink)



APRIL & MAY EVENTS

Recurring Events



Yin Yoga

Every Mondays
18h30-20h00
25€ Paris 16e & Zoom
inFrench & in English



Quantum Conversations

[REGISTER NOW >](#)

Monday, April 17th inFrench
Saturday, April 12nd in English
21h00 till 22h11 CEST (3pm EST & noon PST)
Free ZOOM

Penelope's Retreats



Intimist Paris

[REGISTER NOW >](#)

April 24th till 28th, 2023
10h00-12h20 Monday to Friday
255€ for the 5 days & 60€ for one day
Paris 16e inFrench & in English



The Women Safe Space

[REGISTER NOW >](#)

Tuesday, May 2nd
19h till 20h30
15€ Paris 16e In French

TO KNOW MORE & REGISTER TO OUR EVENTS

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

BOOK

SOCIAL MEDIA

