

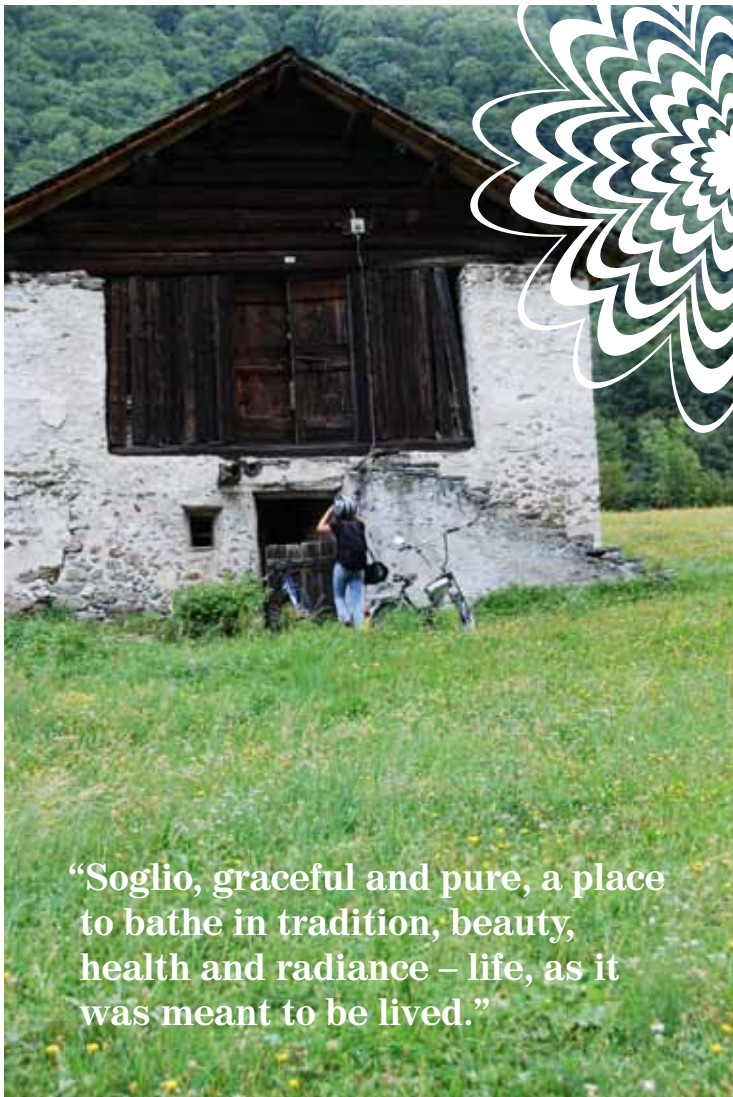
Soglio 09

a disciplined adventure of self discovery



**“In yoga as in life,
there is an
unmistakable flow
that happens when
you are open to
and believe in it.”**





The magical place and the visionary.



“Soglio, graceful and pure, a place to bathe in tradition, beauty, health and radiance – life, as it was meant to be lived.”



“Retreat Soglio was an incredible blessing filled with teachings in many forms. Mostly confirmation that I am inside an unmistakable yoga flow; and facilitating the discovery of this flow in others is my life’s work.”





living with
outrageous joy



till we
meet again...



Love After Love
by Derek Walcott

The time will come when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.

You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.

Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

