

## Discover your 'authentic self'

Life coach Pia Prana Muggerud will be organising a retreat from April 10 to 12 at the Shaolin Wushu Culture Centre in Tai O for women who would like to "ignite a passion to live with an open and honest heart". Says Muggerud: "For all sorts of reasons we find ourselves shut down or closed off and in a state of hurt and protection. This can show up as heartache, blame, isolation, unhealthy relationships, anger, resignation or addiction. We long for something else and we often don't know where to start looking. This workshop is about discovering ways to be more authentic and honest, connecting with yourself and others in ways that create trust and joy."

The retreat costs HK\$4,900 per person, inclusive of workshop attendance, shared accommodation and meals. Visit [co-pia.com](http://co-pia.com) for more details and registration.



Photos: Corbis