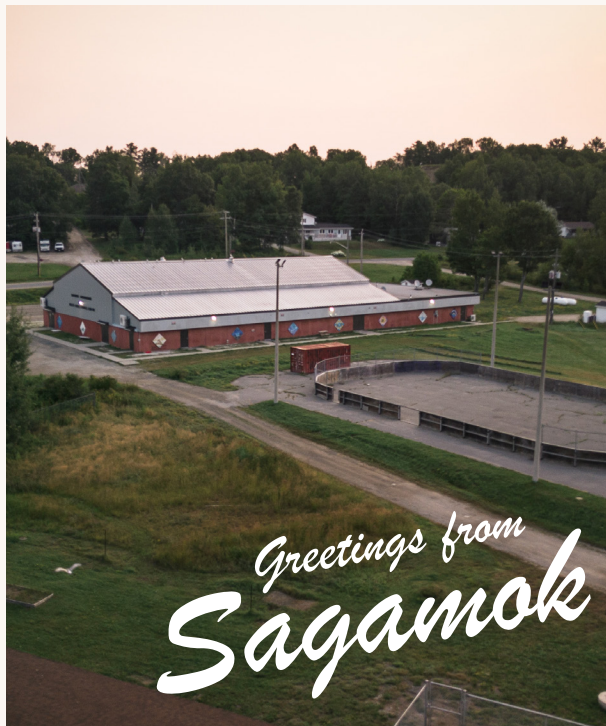


POSTCARD



In Sagamok, I rediscovered the “sossegado” (or “susegad” as the locals say) that I first felt in Goa – a life of quiet contentment with a deep sense of belonging.

It wasn't just Sagamok's natural beauty that brought this feeling to life. It was the warmth of the people, their communal meals, the infectious smiles on their faces, and the simple moments of true connection. Everyone here really pauses to listen to one another and learn about their neighbours and their surroundings. Much like the Danish concept of “hygge” and the Japanese concept of “ikigai,” Sagamok feels like a place where the soul can find peace and purpose.

Until next time – **Miigwech.**