

Our Menu for 2018

*“It doesn’t matter where the call to adventure takes us, it only matters that we go.”
~ Martha Beck*



Kerala Ayurvedic Retreats ~ Kerala in South West India is the birthplace of Ayurveda. Kerala represents the heart of what is the core essence of Journeys of the Spirit to provide quality, authentic healing experiences allowing you to rest, replenish and rejuvenate to your natural state of balance and vitality. Indulge in sublime treatments, delectable food, fabulous conversations, inspiring company, energizing yoga ~ all within the folds of this nurturing paradise!

10 - 24 March ~ guided by Julie

4 - 14 August ~ guided by Phoebe

25 August - 8 September ~ guided by Sarah

8 - 22 September ~ Wellness Retreat with Cathy

27 October - 10 November ~ Wellness Retreat with Cathy



Bhutan ~ Bhutan is a magnificent kingdom, steeped with tradition and ancient culture. We will take you on a magical journey across the western & central provinces, weaving through the Bumthang region of the Drukpa people, following the trail of Guru Rinpoche, the revered saint who brought Buddhism to Bhutan.

26 April - 9 May ~ guided by Peter



The French Revelation ~ Come and explore the elegant city of Lyon and the stunning Rhone Valley before walking the spectacular Le Puy Route between the ancient pilgrimage towns of Le Puy-en-Velay and Conques. Along the way you will see some of the most beautiful villages in France, hills and valleys, vineyards, gorges, and much more. With Sue, a fluent French speaker and lifelong Francophile, as your guide you will share the language, culture, cuisine and heritage of France,

with the opportunity to practise your conversational French along the way.

8 - 24 May ~ guided by Sue



The Essence of Italy ~ Join Julie on a journey to experience and enjoy 'la Vera Italia' ~ the true Italy. Having lived in Italy for a time, Julie will unlock the pleasures of Northern Italy you may never have encountered before. Experience glorious walks, food, wine, art, sacred sites & spa treatments in stunning locations. Discover how the Etruscans ~ the ancient Italians ~ brought connection, balance & joy to their daily lives...and how we can too!

10 - 25 May ~ guided by Julie



Hawaii ~ Come swim with the dolphins, snorkel with turtles, take part in sacred fire ceremonies and enjoy an afternoon playing the ukulele on the beach. Capture the beauty of volcanic rocks & lava and explore stunning coffee plantations. Be guided by a 75th generation Hawaiian priestess and spend time under her miraculous ancient Banyan tree. This Hawaiian journey will have you step into another world and connect you to your heart and playful spirit forever more !

1-16 July ~ guided by Cathy



Camino, Spain ~ An exquisite journey along the sacred Camino walking where pilgrims such as Francis of Assisi have ventured before us. Weaving our way through an intimate and untouched area of Spain, immersing ourselves in to the spiritual essence of the real Spain. Food, wine, walking, boutique rural inns, cooking classes – a pure delight for the senses - Spanish style !

12- 27 September ~ guided by Amanda



Kumano Kodo - Japan ~ For thousands of years the isolated Kumano route has been an experience of healing and deep connection in the lush mountains of Wakayama — the spiritual heartland of Japan. Stretching across the Kii Peninsula on the island of Honshu, this pilgrimage takes us off the beaten track into a world of stunning scenery, soothing hot springs, delicious food and authentic Ryokan accommodation. We will be walking along the Way to the 3 Grand Shrines through tiny villages, along pristine mountain trails shrouded

by 800 year old giant trees enjoying the abundance of nature in its autumn glow ~ truly the land of the Gods. There are only two UNESCO World Heritage walks in the world and we are doing both in 2018 - Japan & the Camino.

10 - 22 October ~ guided by Peter



Aurora Borealis ~ Picturesque bathing hotels with sea views everywhere you look. Wild landscapes, forests, fjords, fabulous food and stunning water villages. Scandinavian design for the senses. Enjoy the original healing lands of the sauna, hot tubs, Swedish massage & much more. And experience the incredible phenomenon of the Aurora Borealis – truly one of the most breathtaking & inspirational wonders of our world.

26 October – 8 November ~ guided by Sarah

2018	Destination	Guided By
10 – 24 March	Kerala Ayurvedic Health Retreat	Julie
26 April – 9 May	Bhutan	Peter
8 – 24 May	The French Revelation	Sue
10 – 25 May	The Essence of Italy	Julie
1-16 July	Hawaii	Cathy
4 – 14 August	Kerala Ayurvedic Health Retreat	Phoebe
25 August – 8 September	Kerala Ayurvedic Health Retreat	Sarah
8 – 22 September	Kerala Wellness Retreat	Cathy
12 – 27 September	Camino, Spain	Amanda
10 – 22 October	Japan	Peter
26 October – 8 November	Aurora Borealis	Sarah
27 October – 10 November	Kerala Wellness Retreat	Cathy

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