



Welcome to Kerala



**Do you want to come to India with me this year?  
Just to let you know, there are a few spaces available...**

*Ayurvedic Rejuvenation Retreat  
Kerala India*

**25 August – 8 September 2018**

*Your journey includes ...*

- ◆ Your choice of a 10 or 14 day Rejuvenation Retreat package (or more if you prefer !)
- ◆ Accommodation in beautiful beach side cottages set in secluded tropical gardens, with a choice of 2 categories
- ◆ Daily consultation with your personalised Ayurvedic Practitioner to assess and monitor your wellbeing Retreat aspirations
- ◆ All Ayurvedic gourmet vegetarian meals are included. Your diet or meals will be tailored to your personal body type for maximum detox, rejuvenation & revitalising benefits
- ◆ All fresh juices, teas, beverages included
- ◆ Ayurvedic Rejuvenation Therapy treatments and body massages for 1.5 - 2 hours per day for the duration of your stay (additional therapies and treatments can be arranged)
- ◆ All vitamins and tonics prescribed for your program
- ◆ Daily Yoga & meditation classes
- ◆ Daily Pranayama (yogic breathing) classes
- ◆ Transfers to and from the Retreat

*Join me for my 2018 Rejuvenation Retreat! Fully inclusive from \$3470 per person*

*Call me on 0407 983 777 to make a booking.*

**Namaste, Sarah**

**Journeys of the Spirit Pty Ltd**

**Ph: +61 427 766 716    Email: [spirit@iinet.net.au](mailto:spirit@iinet.net.au)**

**Website: [www.journeysofthespirit.com.au](http://www.journeysofthespirit.com.au)**

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**ABN: 74 611 094 430**



## Sarah's Kerala Ayurvedic Retreat

**25 August – 8 September 2018**

<b>COTTAGE TYPE:</b>	<b>SPECIAL COTTAGE</b>	<b>KERALA STANDARD COTTAGE</b>
<b>10 NIGHTS</b>	<b>25 Aug – 4 Sept</b>	<b>25 Aug – 4 Sept</b>
Twin share	\$3470 per person	\$3700 per person
Single cottage	\$4000	\$4450
<b>14 NIGHTS</b>	<b>25 Aug – 8 Sept</b>	<b>25 Aug – 8 Sept</b>
Twin share	\$4220 per person	\$4550 per person
Single cottage	\$4900	\$5590

These costs are fully inclusive of

- 🌀 return airport transfers in India,
- 🌀 all accommodation with private facilities,
- 🌀 all Ayurvedic vegetarian meals,
- 🌀 all treatments (approximately 2 hours per day),
- 🌀 daily yoga classes, meditation and Pranayama
- 🌀 All meals and treatments are personally designed to your individual program
- 🌀 Fully guided from Australia by Sarah Gamble

Not included: Air fares to Trivandrum, air & ticket taxes / fuel surcharge & items of a personal nature  
Costs are subject to fluctuation prior to final payment

*\*\*\*Loyalty Reward benefits apply for all previous retreaters. Contact Julie for details*

Phone / sms / Viber / WhatsApp:  
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 Website: [www.journeysofthespirit.com.au](http://www.journeysofthespirit.com.au)  
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# ™ Journeys of the Spirit Booking Form

AYURVEDIC KERALA RETREAT ~ WITH SARAH

25 August - 8 September 2018

SURNAME \_\_\_\_\_ & FIRST NAME AS PER PASSPORT \_\_\_\_\_

NAME YOU LIKED TO BE CALLED \_\_\_\_\_ TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

CONTACTS: PHONE HOME \_\_\_\_\_ MOBILE \_\_\_\_\_

EMAIL: \_\_\_\_\_ Do you have Facetime? \_\_\_\_\_

DEPARTURE DATE: \_\_\_\_\_ FROM (CITY): \_\_\_\_\_

COTTAGE TYPE: \_\_\_\_\_ COST: AUD\$ \_\_\_\_\_

ANY PRE OR POST TRAVELLING ARRANGEMENTS ADDITIONAL TO YOUR RETREAT ?

\_\_\_\_\_

FLIGHTS TO TRIVANDRUM ORGANISED BY YOURSELF \_\_\_\_\_ OR OUR TRAVEL AGENT \_\_\_\_\_

KRISFLYER (SINGAPORE AIRLINES) MEMBERSHIP NUMBER \_\_\_\_\_

TRAVEL INSURANCE POLICY ISSUED \_\_\_\_\_ OR QUOTE REQUIRED \_\_\_\_\_

PASSPORT NATIONALITY \_\_\_\_\_ PASSPORT NUMBER \_\_\_\_\_

EXPIRY DATE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

FLIGHT SEATING PREFERENCE (IF ANY): AISLE \_\_\_\_\_ WINDOW \_\_\_\_\_

ANY DIETARY ALLERGIES \_\_\_\_\_

MEDICAL CONDITIONS WE NEED TO BE AWARE OF \_\_\_\_\_

EMERGENCY CONTACT – NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

**NON REFUNDABLE DEPOSIT** - \$500 PER PERSON DUE WITHIN 7 DAYS OF BOOKING. PAID \_\_\_\_\_

(Please refer to our Terms & Conditions page for your payment options)

**FINAL BALANCE** – DUE ON OR BEFORE THE 25<sup>th</sup> June 2018 (Airfare may be due earlier) PAID \_\_\_\_\_

How did you hear about us ? \_\_\_\_\_

I have read, understood and agree to the attached Terms & Conditions for my Journeys of the Spirit retreat:

Signature \_\_\_\_\_ Date: \_\_\_\_\_ Namaste

## Journeys of the Spirit Pty Ltd

Phone / SMS / FaceTime / WhatsApp:

In Australia: 042 77 66 716 International: +61 42 77 66 716

Email: [spirit@iinet.net.au](mailto:spirit@iinet.net.au) Skype: [julie.baker.journeys](https://www.skype.com/julie.baker.journeys)

Postal Address: PO Box 4428, Myaree 6960 Western Australia

Website: [www.journeysofthespirit.com.au](http://www.journeysofthespirit.com.au)

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# Journeys of the Spirit Pty Ltd

## Terms & Conditions

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### Bookings:

All reservations can be made directly to **Journeys of the Spirit** by:

### Phone/sms/Whatsapp/Viber/Facetime:

**In Australia: 0427 766 716**

**International: +61 (0) 427 766 716**

**Email: spirit@iinet.net.au**

**Skype: julie.baker.journeys**

**Web: www.journeysofthespirit.com.au**

**Address: PO Box 4428, Myaree 6960 Western Australia**

To assist us in fulfilling your requirements efficiently, please provide us with the following details for each person on your completed and signed Booking Form:

- ◆ Your passport details - nationality, number, expiry date
- ◆ Your surname and first name **exactly** as per your Passport
- ◆ Date of birth
- ◆ Any special requirements ie special dietary meals, seating requests, frequent flyer details, medical conditions and any other details we need to be aware of.

### Deposits

**A non refundable deposit of AUD \$500 per person or as otherwise stated on your Booking Form is required within 7 days** of booking to secure your reservation.

### Currency

All prices are subject to currency fluctuation prior to final payment. If your journey is priced in another currency other than Australian Dollars (usually US Dollars or Euro), it will be converted on the day of your payment. These currency conversion rates fluctuate from day to day.

### Final Balance

Due **8 weeks prior** to your Journeys of the Spirit retreat departure, or as otherwise specified.

### Payment

Payments can be made by cash, cheque, telegraphic transfer, direct credit, credit card or PayPal. If paying by credit card or Paypal please email us so we can send you the link to do this online. The merchant fee for using credit card or PayPal is between 2 - 3%, dependent on your card. Please make these payable to **Journeys of the Spirit Pty Ltd**.

### Bank Account details:

BSB: 016 376

Account: 298625571

Name: Journeys of the Spirit Pty Ltd Trust account

SWIFT code: ANZBAU3M

ANZ Melville, Western Australia

**Please put your surname and trip / date as the reference and advise us via email or sms of your receipt number.**

### **Travel Insurance**

It is a mandatory condition of booking any Journeys of the Spirit holiday that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for some destinations. This is best taken out when you pay your deposit.

Prices and itineraries are subject to change without notice due to weather, political and social unrest, currency fluctuations and any other unforeseen circumstances. If these arise, the Journeys of the Spirit journey/retreat may be affected.

### **Cancellation Policy**

<b>Time</b>	<b>Cancellation fee</b>
Deposit paid & prior to full payment	Full deposit
After full payment and more than 21 days prior to departure	Deposit + AUD \$800 per person + any ground operator/supplier cancellation charges
Less than 21 days prior to departure	100% cancellation fee per person

### **Refunds**

No refund is available for cancellations or amendments after the journey/retreat has commenced, or in respect of any transportation, accommodation, meals, treatments or any other services not utilised. Please contact your Travel Insurance company regarding your insurance claim.

Journeys of the Spirit Pty Ltd and its agents act only as an agent for passengers in all matters relating to accommodation, transport, sightseeing, tours, restaurants, guides services, spa and retreat facilities and it's facilitators, and shall not be liable for any accident, death, irregularity, injury, loss or damage caused by or arising out of services offered by Journeys of the Spirit Pty Ltd.