



Welcome to Kerala

"Journeys of the Spirit has been organising small group trips to Kerala for over 15 years so when we arrived at our retreat we were greeted warmly and promptly, then taken to our individual cottages to settle in to paradise. The Ayurvedic experience is one I would highly recommend to anyone interested in an exotic holiday, which will revive and restore your mind, body and soul" ~ Anne D.

"On the brink of mid-life crisis, and needing to step off the hamster wheel of life for a moment, I searched for a holiday that would not only tick the box of an exotic location, but one that would also revive my mind, body and soul in the process. Boy, did I find what I was looking for in Kerala on the southwest coast of India." ~ Wilamina F.

The Ayurveda/Kerala Story

Ayurveda is a 5000 year old form of traditional healing that incorporates meditation and yoga practices as important elements within this natural healing modality. Its foundation is the holistic rebalancing of your whole being - your physical self, your mental self, your spiritual, emotional and physiological self - through various modalities such as treatments, food that is medicine for your body, yoga, meditation, pranayama (yogic breathing) and much more.

It is through its authentic delivery that we receive the magical healing elements that will allow us to release what no longer supports us and to bring into our life whatever we desire. Whether this be good health, emotional stability, joy, light heartedness, happiness, peace or self love.

Julie Baker, founder of Journeys of the Spirit, discovered a very special Ayurvedic retreat in Kerala, India in 2002. After 16 months of extensive research and a visit to several other retreats in Kerala, this one retreat not only ticked all the boxes, but it has become the foundational retreat for Journeys of the Spirit.

Over the years, the owners of this magnificent property have closely worked and collaborated with Journeys of the Spirit to create an even deeper, authentic representation of Ayurveda for our journeyers. Because of this collaboration and understanding that we are wanting the best quality version of Ayurveda so you can enjoy its maximum benefits, we have exclusive inclusions and packages available.



Your guide Cathy Brown

Cathy started her healing journey 24 years ago when she was diagnosed with secondary melanoma and was told she had only a couple of months to a couple of years to live. She was also told that chemotherapy and radiotherapy wouldn't work. Her children were only six and eight at the time and she knew she had to find 'another way' to heal.

After visiting three other doctors that told her the same story, Cathy joined Cancer Support WA (now known as Soliaris Cancer Care), which was the first place to give her hope and support. Over the years she has facilitated Wellness Programs, Support Groups, Women's Healing Circles, the Gawler Foundation Health and Wellbeing Program and many other groups throughout Australia. She has also been teaching and practicing Reiki for over 30 years which has allowed her to develop a deep understanding of the spiritual aspect of her life.



In early 2017, Cathy released her first book 'My Answer to Cancer,' a truly remarkable story about life and her invitation to change it for the better. Journeys of the Spirit is very proud to have Cathy lead our Kerala Retreats each year.

Wellness Retreat with Cathy

for your mind, body & spirit at an Ayurvedic health retreat in Kerala

31 August – 14 September 2019

Your journey includes ...

- ◆ 10 or 14 nights accommodation in delightful cottages set in secluded tropical gardens, with a choice of 2 categories - Special or Kerala Standard

10 nights	Special cottage	Kerala Standard
Double/twin	\$3320 per person	\$3590 per person
Single	\$3900	\$4360
14 nights	Special cottage	Kerala Standard
Double/twin	\$4100 per person	\$4470 per person
Single	\$4930	\$5550

- ◆ Individual Consultation on arrival with your Ayurvedic Practitioner to guide and monitor your personalised rejuvenation and healing program, with daily consultation whilst at the retreat
- ◆ Ayurvedic Rejuvenation Therapy treatments and body massages for over 2 hours per day for the duration of your stay on your personalised treatment program
- ◆ All Ayurvedic gourmet vegetarian meals are included. Your menu is tailored to your individual body type for maximum rejuvenation & revitalising benefits
- ◆ All fresh juices, teas, beverages included
- ◆ All vitamins and tonics prescribed for you whilst on your retreat
- ◆ Unlimited daily Yoga, meditation & Pranayama (yogic breathing) classes
- ◆ Return airport to Retreat transfers

Join us on this very special retreat with your guide Cathy Brown. As this is a very personalised and intimate experience, we have only a small amount of cottages available, so if you are interested to find out more, contact Cathy on 0408 096 387 or email contact@lifexl.com.au



Booking Form

WELLNESS RETREAT with CATHY 31 August - 14 September 2019

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): _____

DURATION OF TRIP: 10 nights 14 nights Other _____

COTTAGE TYPE: _____ COST: AUD\$ _____

ANY PRE OR POST TRAVELLING ARRANGEMENTS ADDITIONAL TO YOUR RETREAT ?

FLIGHTS TO TRIVANDRUM ORGANISED BY YOURSELF _____ OR OUR TRAVEL AGENT _____

PREFERRED AIRLINE _____ FREQUENT FLYER MEMBERSHIP _____

FLIGHT SEATING PREFERENCE (IF ANY) AISLE _____ WINDOW _____

TRAVEL INSURANCE POLICY ISSUED _____ OR QUOTE REQUIRED _____

PASSPORT NATIONALITY _____ PASSPORT NUMBER _____

EXPIRY DATE _____ DATE OF BIRTH _____

ANY DIETARY ALLERGIES _____

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: _____

EMERGENCY CONTACT - NAME: _____ NUMBER _____

NON REFUNDABLE DEPOSIT – A\$500 PER PERSON DUE WITHIN 7 DAYS OF BOOKING. PAID _____
(Please refer to your Terms and Conditions for payment options)

FINAL BALANCE – DUE ON OR BEFORE THE 4th June 2019 (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*

Terms & Conditions

Bookings:

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

Phone/sms/Whatsapp/Viber/Facetime:

In Australia: 0427 766 716

International: +61 427 766 716

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**. *Payment plans are available.*

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.

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

Time	Cancellation fee
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.

Immersing, connecting and learning from the wisdoms of our indigenous healing elders and sacred sites of our world, Journeys of the Spirit creates wellness retreats, spiritual journeys and unique travel experiences to a range of destinations such as Bhutan, Spain, India, Italy, Japan, Scandinavia, Peru, France and Hawaii.

Journeys of the Spirit takes a holistic approach in creating these journeys and designs personalised itineraries that provide a balance of exploration and indulgence. These are no ordinary holidays. They are an extraordinary opportunity for you to feel rested, energetic, engaged, connected & excited about life!

Journeys of the Spirit Ptd Ltd

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Email: spirit@inet.net.au

Skype: [julie.baker.journeys](https://www.skype.com/people/julie.baker.journeys)

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Connect with us

