



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 ~ Fully booked

27 October - 10 November ~ Wellness Retreat with Cathy



Bhutan ~ is a magnificent kingdom, untouched & retaining its sacred culture and now world renowned for its inspirational index of Gross National Happiness. We 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



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

8 - 24 May ~ guided by Sue



Italy ~ Join Julie on a journey to experience & enjoy 'la vera Italia' ~ the real Italy. Having lived in Italy, Julie will share her favourite secret treasures of these northern regions - ones that you may never have known existed here. We walk on the most stunning part of the Via Francigena, created by St Francis of Assisi, weaving our way through breathtaking villages, experiencing the delicious local produce, truffle hunting, music, art & the natural Terme - mineral rich natural spring water healing spas will complete our journey of the senses!

10 - 25 May ~ guided by Julie



Hawaii ~ Rainbow waterfalls, lush forest walks, active volcanoes, red molten lava cascading into the deep blue ocean, grand canyons, beach ukulele, organic farmers markets, coffee plantations, quirky art studios, unique hawaiian style accommodations, fun learning the Hula, sublime kahuna massages and a rare opportunity to sit in sacred space & hear the Talk Story of these ancient lands with a traditional Hawaiian Priestess under her banyan 'Miracle Tree'. This Hawaiian journey will have you step into another world & connect you to your heart & playful spirit forever more !

1 - 13 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 into the spiritual essence of the unique region of Galicia. Food, wine, walking, boutique rural inns - a pure delight for the senses... Spanish style!

12 - 27 September ~ guided by Amanda



Kumano Kodo, Japan ~ For 1200 years the isolated Kumano route has been an experience of healing & 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 & 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 - the Kumano Kodo in Japan & the Camino in Spain.

10 - 22 October ~ guided by Peter



Aurora Borealis, Scandinavia ~ Wild landscapes, forests, fjords, fabulous food, stunning water villages, the Sami culture - the oldest existing European indigenous culture who are traditionally nomadic reindeer herders. Enjoy the original healing lands of the sauna, hot tubs, Swedish massage & much more. Plus art & Scandinavian design for the senses. And experience the incredible phenomenon of the Aurora Borealis - truly one of the most breathtaking & inspirational wonders of our natural 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	French Revelation	Sue
10 – 25 May	The Essence of Italy	Julie
1-13 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	Kumano Kodo, Japan	Peter
26 October – 8 November	Aurora Borealis, Scandinavia	Sarah
27 October – 10 November	Kerala Wellness Retreat	Cathy

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