



Ayurvedic Health Retreat with Sarah

29 August – 12 September 2026

COTTAGE TYPE:	SPECIAL COTTAGE	KERALA STANDARD
10 nights	29 Aug - 8 Sept	29 Aug - 8 Sept
Twin share	\$4490 per person	\$4810 per person
Single cottage	\$5270	\$5900
14 nights	29 Aug - 12 Sept	29 Aug - 12 Sept
Twin share	\$5600 per person	\$6050 per person
Single cottage	\$6698	\$7560

Fully inclusive of:

- Individual consultation on arrival with Ayurvedic Doctor to create your personalised rejuvenation and healing program, with daily consultation during the retreat to guide and monitor your progress
- Ayurvedic Rejuvenation Therapy treatments and body massages for over 2 hours every day for the duration of your stay
- All Ayurvedic gourmet vegetarian meals are included. Your menu is tailored to your individual body type for maximum benefits.
- All fresh juices, teas and herbal beverages are included
- All vitamins and tonics prescribed for you whilst you are on your program
- Daily yoga classes, meditation, Pranayama (yogic breathing) and other classes
- Return transfers to and from Trivandrum airport to the retreat
- Fully guided in Kerala by Sarah Gamble

Not included: Airfare, ticket taxes & fuel surcharges, travel insurance & items of a personal nature.

All prices are in Australian Dollars

*****Re-retreater discount applies for all previous retreaters. Contact Julie for details***



Phone / SMS / FaceTime / WhatsApp:

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

Email: juliejournneys@outlook.com Website: www.journeysofthespirit.com.au

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Journeys of the Spirit Booking Form

Ayurvedic Health Retreat Kerala with Sarah 29 Aug – 12 Sept 2026

SURNAME _____ & FIRST NAME AS PER PASSPORT _____

NAME YOU LIKED TO BE CALLED _____ TITLE _____

ADDRESS _____

PHONE CONTACT NUMBERS: _____ Do you have FaceTime? _____

EMAIL _____

DEPARTURE DATE: _____ FROM (CITY): _____

DURATION OF TRIP: 10 NIGHTS ☐ 14 NIGHTS ☐ OTHER ☐

COTTAGE TYPE: _____ COST: AUD\$ _____

FLIGHTS TO TRIVANDRUM TO BE ORGANISED BY YOURSELF _____ OR

IF YOU WOULD LIKE TO USE OUR TRAVEL AGENT _____

TRAVEL INSURANCE POLICY ISSUED _____ OR QUOTE REQUIRED _____

PASSPORT NATIONALITY _____ PASSPORT NUMBER _____

EXPIRY DATE _____ DATE OF BIRTH _____

TO GET INDIAN VISA – Contact Amarjit Singh: 0433 329 547 or amarjitshahsingh@gmail.com

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: _____

EMERGENCY CONTACT – NAME _____ RELATIONSHIP: _____

PHONE NUMBER _____

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

FINAL BALANCE – DUE ON OR BEFORE **29 JUNE 2026** DATE 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 _____

Email your booking form to juliejourneys@outlook.com or text a photo to Julie at 042 77 66 716

Journeys of the Spirit Terms & Conditions

Bookings:

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

Phone/SMS/WhatsApp/FaceTime:

Australia: 0427 766 716 **International:** +61 427 766 716

Email: juliejourneys@outlook.com

Web: www.journeysofthespirit.com.au

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, medical conditions and any other details we need to be aware of.

Deposits

A non-refundable deposit of AUD \$500 per person 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, direct credit, or credit card. If you wish to pay by credit card, please email us so we can send you the link to do this online. The merchant fee for using credit card is between 2 – 3%, dependent on your card. ***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 Kardinya, 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 42 days prior to departure	Deposit + AUD \$800 per person + any ground operator/supplier cancellation charges
Less than 42 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 its facilitators, and shall not be liable for any accident, illness, disease, death, irregularity, injury, loss or damage caused by or arising out of services offered by Journeys of the Spirit Pty Ltd.



JOURNEYS
OF THE SPIRIT

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Current as at 20 January 2025