



## Ayurvedic Health Retreat with Cathy

13 – 27 September 2026

COTTAGE TYPE:	SPECIAL COTTAGE	KERALA STANDARD
10 nights	13 – 23 Sept	13 – 23 Sept
Twin share	\$4960 per person	\$5200 per person
Single cottage	\$5700	\$6300
14 nights	13 – 27 Sept	13 – 27 Sept
Twin share	\$6000 per person	\$6480 per person
Single cottage	\$7100	\$7997

Fully inclusive of:

- Your own cottage with private bathroom facilities & outdoor garden with day bed
- 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 Panchakarma Rejuvenation Therapy treatments 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, meditation, Pranayama (yogic breathing) and chakra cleansing classes
- Return transfers to and from Trivandrum airport to the retreat
- Fully guided in Kerala by Cathy Brown

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

All prices are in Australian Dollars

**\*\*\*Re-retreater discounts apply for all previous retreaters off the above prices. Contact Julie for details**

Phone / SMS / FaceTime / WhatsApp:

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

Email: [juliejournneys@outlook.com](mailto:juliejournneys@outlook.com)

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

# Journeys of the Spirit Booking Form

## Ayurvedic Health Retreat with Cathy 13 - 27 September 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 NEED ASSISTANCE \_\_\_\_\_

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](mailto: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 THE **13 JULY 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](mailto:juliejourneys@outlook.com) or text a photo to Julie at +61 42 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](mailto:juliejourneys@outlook.com)

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

## **Final Balance**

Due **8 weeks prior** to your Journeys of the Spirit retreat departure.

## **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

Phone / SMS / FaceTime / WhatsApp:  
In Australia: 042 77 66 716 International: +61 42 77 66 716  
Email: [juliejournneys@outlook.com](mailto:juliejournneys@outlook.com)  
Website: [www.journeysofthespirit.com.au](http://www.journeysofthespirit.com.au)