JOURNEYS
OF THE SPIRIT

Ayurvedic Health Retreat with Liz

22 October – 5 November 2027

10 nights	22 Oct – 1 Nov
Twin share	$ coming soon
Single cottage	$ coming soon
14 nights	22 Oct – 5 Nov
Twin share	$ coming soon
Single cottage	$ coming soon

Fully inclusive of:

- Your own Special Cottage with private facilities & garden with outdoor lounge & seats
- 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 Liz Stilwell

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

JOURNEYS
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Phone / SMS / FaceTime / WhatsApp:
In Australia: 042 77 66 716 International: +61 42 77 66 716
Email: juliejourneys@outlook.com Website: www.journeysofthespirit.com.au
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Journeys of the Spirit Booking Form

Ayurvedic Health Retreat with Liz 22 October – 5 November 2027

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):_____

ROOM TYPE: SINGLE OR TWIN SHARE_____ 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 $800 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 **23 AUGUST 2027** 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 Pty Ltd 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 per person deposit, as 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 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 in your confirmation letter.

Payment
Payments can be made by cash, direct credit/ EFT into our Trust account. We do not accept credit 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 journey or retreat 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.

Share Twin and Single Occupancy

All accommodation is provided on a single occupancy basis except for couples. Due to the personal & reflective nature of our spiritual journeys, we do not match up individuals for shared accommodation. Unless on special request only at the time of booking and paying your deposit. If twin share is confirmed to you in writing for two people but one person does cancel at any time before the retreat, the booking returns to a single occupancy cost for the remaining person.

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
Additional to above: Some of our ground operators / suppliers have special cancellation conditions	Each payment may be non-refundable and will be confirmed in your confirmation letter

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.

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Contact Julie:
Phone: International +61 42 77 66 716 in Australia: 042 7766 716
Email: juliejourneys@outlook.com
Website: www.journeysofthespirit.com.au

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Current at 25/10/2026