

A journey for your spirit

POST
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It took just five days at an Indian health retreat for Julie Baker to know she wanted to help others enjoy the same experience.

She felt a peace she had never felt before after a regime that included two-and-a-half hours of massage and other treatments each day, all tailored to her needs, as well as yoga and a special vegetarian diet.

“My skin looked 10 years younger and I felt a soft vitality – energetic, but not speedy,” she said. “It was a deep peace and a deep connection.”

Her sojourn was at Sonatheeran, in the southern Indian state of Kerala, an ayurvedic health resort set on seven hectares beside the Arabian Sea.

Guests stay in beach-side cottages or in villas set in tropical gardens of herbs and vegetables grown to use in the ayurvedic treatments and for food.

Julie said that when she was not receiving treatments she spent time relaxing in a hammock reading, taking walks, exploring the local markets or out on a houseboat exploring the backwaters.

“It was fabulous,” she said.

Julie, who lives in Cottesloe, and her friend Kay Trethowan are organising a 10 or seven-day tour to the Indian retreat in September.

Though she has been in the travel industry for many years, Julie has always been a bit of a maverick.

She specialised in dive travel, then gourmet travel, all the while pursuing her own interest in yoga and meditation.

Finally she decided to combine her passion for spirituality with her interest in travel and set up her business Journeys of the Spirit.

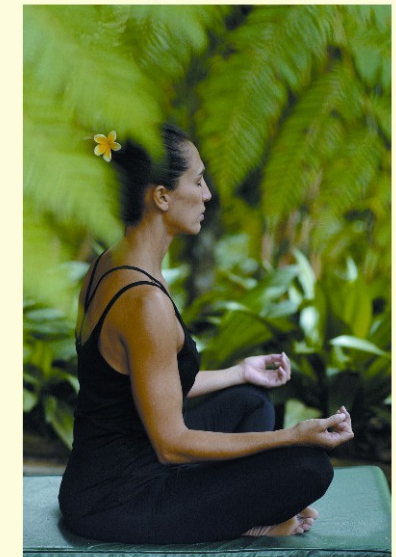
She says her idea is to help people make their own journeys of the spirit either as individuals or in groups.

She is planning a trip to Ubud in Bali for a small group interested in acupuncture, yoga and meditation, a trip to Italy, including a walk on the Cinque Terre trail, and another to France.

“What I enjoy is the relationship I have with people as I help create an experience,” Julie said.

“I like the small things, the caring and taking a personal interest in helping people connect with other cultures.”

For more information about Journeys of the Spirit, ring Julie on 0427 766 716 or Kay on 0411 160 188.



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