

TIMEOUT **POST**

Discovering true meaning in travel

What will bring joy and wonder back into your life?

This is the question Julie Baker wants people to think about when they're choosing a travel experience that will be meaningful, inspirational and have lasting impact.

When Julie started Journeys of the Spirit 16 years ago, the idea of wellness holidays, retreats and spiritual journeys was "out there".

"Now it's accepted that we need to regroup, re-balance and nurture ourselves," she said.

Julie said the most common response from people about why they wanted to undertake a journey of the spirit was "I don't know who I am any more".

Julie said people were losing themselves in relationships, parenting, business and busy lifestyles, which prevented any sense of peace, self-discovery and happiness.

This year, Julie has organised more journeys



■ In Bhutan, tour guide Peter Bliss delivered knitted beanies and scarves, made for the Red Beanie Project run by Soroptimist International WA.

than ever to places including Bhutan, Corsica and Sardinia, Spain and the Camino, Japan and the Kumano route, Kerala in India and Cambodia to build houses for those in need.

The small groups explore, discover and have adventures, with plenty of time to reflect and relax.

On Tuesday, February 10, at 6.30pm at Travel

on Dalkeith in Nedlands, Julie will present a talk on the Corsica and Sardinia and Bhutan journeys, and will introduce other journeys.

The talk is free but seats are limited. To reserve a seat, call or text Julie on 0427 766 716.

For more information on Journeys of the Spirit, go to www.journeysofthespirit.com.au.