

An inspiring journey for the spirit

When you think of an adventure holiday, a retreat might not immediately come to mind, but one company is helping people have not only a fun, physical adventure but also a spiritual, emotional and mental one.

Unlike a more traditional adventure holiday, Journeys of the Spirit creator Julie Baker said these small-group experiences were absolutely life changing and would impact the rest of your life.

“In the western world we deny our spiritual aspects quite strongly... we can be too focused on the physical,” she said.

Ms Baker said the retreats were not about religion or following a strict vegetarian diet, but about the intrinsic joy and energy that revealed itself when we were doing what we loved.

“That’s what I want people to reconnect to because we get so lost with our careers and roles that sometimes we don’t know who we are without those structures.

“What we’re doing is using the external adventure and external inspiring environment to have a person connect with a sense of fun, and unearthing, exploring and discovering adventure within themselves.”

The journeys take place at very different sacred and awe-inspiring destinations all over the globe including Peru, Chile, Galapagos, India, Vietnam and Bhutan – a unique, untouched part of the world where ancient customs, traditional culture and happiness reign supreme.

And if delectable food and beautiful wine is more your taste, Journeys of the Spirit has a walking holiday on the Camino in Spain where the fantastic food and wine of the region are very much a part of the experience.

The journeys are attended by a range of different people, but Ms Baker said people who were really drawn to Journeys of the Spirit’s experiences were generally intelligent, sophisticated, successful individuals who realised something might be missing from their life.

“Your spirit is drawn to this experience for a reason,” she said.

“All you know is you need something to change or want something different.

“You want to feel happy and have that spring in your step that gets you out of bed in the morning and says: ‘it’s great to be alive!’.

“It’s an awakening to a sense of awe and tranquillity within yourself.”