

# Yoga Journeys

SIMPLY DIVINE. MAKE A CONNECTION

## Spirit Tours

JOURNEYS OF THE SOUL

3432 Montgomery Drive  
Santa Rosa, California 95405

707.566.8078

www.spirit-tour.com

### What we provide

- ◆ Years of experience in leading spiritual travel tours
- ◆ Customization of the tour to meet your budget
- ◆ Promotional literature
- ◆ Multimedia presentation to your interested group members
- ◆ Inexpensive airfares to your destination
- ◆ All tours and transportation
- ◆ We also lead yoga tours to Japan, Africa and Ireland: contact us for tour details at [Jim@baliadvisor.com](mailto:Jim@baliadvisor.com)

### What you get

- 1 Free trip for two and extra income
- 2 Build Community
- 3 Yoga practice in exotic destinations

# Spirit Tours

JOURNEYS OF THE SOUL



## YOGA JOURNEYS

to Bali, Costa Rica, Sedona, Mexico & Thailand



"Jim, our trips together to Bali, Costa Rica and Thailand were incredible, and so was your expert guidance. I can't wait until Sedona!"

Helen McGee, Yoga Teacher

FIRST CLASS

# Yoga in Paradise

JOURNEY TO BALI 10 DAYS/9 NIGHTS



On Bali there is a link to enlightenment.

The beliefs of the Balinese are a living force that pervades the island and reverberates outside it.

The island sings of love: the love of making an offering of woven palm leaves and beautiful flowers; of lighting a stick of incense and praying a mantra.



- ◆ Be greeted in Bali with flowers, a sarong and sash
- ◆ Receive a free welcome massage
- ◆ Travel with Bali expert Jim Cramer
- ◆ Stay at stunning boutique resorts and hotels for 9 nights
- ◆ Daily breakfast
- ◆ Take a dip in the Indian Ocean
- ◆ Share your yoga practice in beautiful surroundings
- ◆ Swim at the Tirtaganga Water Palace
- ◆ Visit three of Bali's holiest temples
- ◆ Take a village walk with a Balinese Brahman
- ◆ Enjoy a Bali Dance Performance

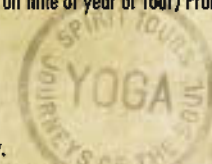
# Small Group Trip Cost

LIMITED TO 18 PASSENGERS

Join our expert Tour leaders for our signature Tours

DESTINATION	TRIP NAME	DELUXE COSTS	LUXURY COSTS
Bali 10 days	Yoga in Paradise	\$1498.00	\$1798.00
Costa Rica 8 days	Yoga in the Rainforest	N/A	1498.00
Sedona 4 days	Yoga in Sedona, Arizona	N/A	789.00
Mexico 8 days	Yoga in Yucatan, Mexico	N/A	1088.00
Thailand 10 days	Yoga in Thailand	N/A	2559.00

- ◆ LAND ONLY (We have low airfares worldwide but air cost depends on time of year of Tour) Prompt payment for air will help us secure your ticket with our original quote.
- ◆ Price per person based upon double occupancy.
- ◆ Single Supplement is available.
- ◆ All Prices are subject to change without notice.
- ◆ INCLUSIONS/EXCLUSIONS are detailed in your individual Itinerary.
- ◆ PAYMENT TERMS We accept Visa/Mastercard/American Express and Discover credit card. Please add 2% for Bank Fee.
- ◆ RESERVATIONS Deposit of \$750 per person. Refund and cancellation policy is on the Registration form.
- ◆ LAND ARRANGEMENTS Must be paid 90 days prior to Departure.
- ◆ TRIP CANCELLATION (We recommend Travel Insurance) Ask us for a provider.
- ◆ YOUR COMMISSION WILL BE ADDED TO THE BASE COST OF THE TOUR.
- ◆ YOGA TEACHER AND COMPANION TRIP INCLUDED IN THIS QUOTE.
- ◆ Minimum of 12 Paying passengers. We will take less but the price for the Tour will increase.



## Yoga in Thailand

JOURNEY TO THAILAND 9 DAYS/8 NIGHTS



- ◆ Enjoy tour leadership by experts on Thai culture
- ◆ 8 nights at deluxe hotels
- ◆ Visit the Royal Palace in Bangkok and Wat Po (temple of the 80 foot long Reclining Buddha)
- ◆ Ride an elephant through the jungle and visit the sacred Temple of Doi Su Thep, high above the hills of Chiang Mai
- ◆ Fly to the tropical isle of Koh Samui and enjoy 3 days on the beach and a day cruise on a Chinese Junk through the incredible emerald waters off of Koh Phangan

The kingdom of Thailand lies in the heart of southeast Asia.

Known as the "Land of Smiles" Thailand embraces a rich diversity of cultures and traditions. With it's proud history and tropical climate, the kingdom is a never ending source of fascination; a perfect setting for you to awaken to the mystical world within your own being.



## Yoga in the Rainforest

JOURNEY TO COSTA RICA 8 DAYS/7 NIGHTS



- ◆ 2 nights on the Pacific Coast at Ocotal Beach with panoramic, breathtaking views
- ◆ 5 nights at the Lost Iguana Resort, a boutique hotel in 120 acres of primal rainforest; every room has a perfect view of the Arrenal Volcano
- ◆ Tabacon Hot Springs: soak in a river of hot water whose source is from inside the Arrenal Volcano
- ◆ Hanging Bridges, hike across suspension bridges over the lush vegetation of the rain forest
- ◆ Sky Trek zip-line through tree tops at breathtaking speed

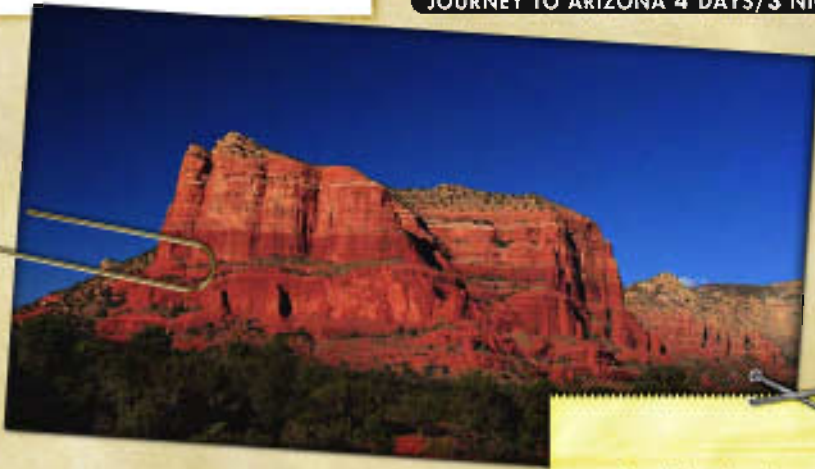
Costa Rica is a mega-diverse country. It has approximately 5% of biodiversity of the world and about 50,000 species. 25% of Costa Rica is protected, including 27 National parks.

"Pura Vida" or "pure life," that's what you'll see and hear everywhere in Costa Rica.



# Yoga in Sedona

JOURNEY TO ARIZONA 4 DAYS/3 NIGHTS



- ◆ 4 days and 3 Nights at the Amara Resort and Spa, a boutique creekside sanctuary situated along Oak Creek
- ◆ The Elements Spa provides a sanctuary to relax and rejuvenate
- ◆ Visit Bell Rock, the power that emanates from the vortex can stay with you for days afterwards
- ◆ Visit the Palatiki Indian ruins or trek Boynton Canyon

The Native Americans say that the red mountains of Sedona are like a great magnet and that people are drawn to them because it is the home of the Great Spirit. Here, some say, we come face to face with ourself and the potential of our nature.



# Yoga in Yucatan

JOURNEY TO MEXICO 8 DAYS/7 NIGHTS



- ◆ 7 nights hotel and daily breakfast
- ◆ Three nights at Isla Mujeres, a beach front Na Balam resort
- ◆ Two nights at Hacienda Chitzen, a hotel on the grounds next to the ruins in the middle of the Yucatan
- ◆ Two nights Tulum Riviera Maya
- ◆ Chitzen Itza (Mayan Ruin)
- ◆ Tulum (Mayan Ruin)
- ◆ Cenote underground springs
- ◆ Beautiful beaches in Isla Mujeres and Riviera Maya

The Mayan Civilization spanned a history of 3000 years. We will visit beautiful beaches, explore ancient ruins and practice our Yoga together in incredible and magical settings.

