

“Joyous Journey”

Designing Excellence in Wholistic Wellness

“Joyous Journey”
is a series of 3-7 day retreats and workshops
around the world for people
who want to live well, live long
and have a lot of fun along the way.

Elements of the retreats and workshops
will always include bringing together
Eastern and Western excellence
in health, fitness and nutrition
so that the individual
has the skills, knowledge and courage
to transform their lives
in a positive loving manner,
at their own pace
and in their own time.

With this philosophy and encouragement,
we see incredible changes
in all aspects of peoples' lives,
both subtle and grand,
large and small,
manifesting continually in daily life.

So if this sounds like you,
or strikes a chord in your heart,
then join us around this beautiful world
in creating your own
“Adventure in Paradise”