

# “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”