

**INSPIRED TRAVELLER**

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*spaces to retreat, reflect, restore*



Dear Inspired Traveller,

We warmly welcome you to our website.

While we established Inspired Traveller as a business in May 2007, the idea began to bud many years earlier when we were yearning to explore how to restore our own spirits in a safe, uplifting and unhurried space. Having participated in some exceptional retreats and workshops personally, gained over a decade of professional experience in creating and managing special-interest group travel, and obtained qualifications in psychotherapy and counselling, we wanted to integrate our respective personal and professional insights and offer fellow travellers inspiring workshops and retreats.

All of our workshops and retreats are presented by caring individuals who have both practical experience and expertise in their chosen fields. An essential theme of every workshop and retreat is restoring your spirit. Therapeutic approaches are often used as a vehicle for you to **retreat** from the hustle and bustle of your world; **reflect** on what is truly meaningful for you; and **restore** you and your spirit so you can continue your journey more mindful and enriched. Places are strictly limited so that individual attention and group harmony are not compromised; retreats, for example, do not exceed 20 participants. A small selection of our program is presented on our website with many more to be added in the coming months. So please watch this space.

Our vision is to inspire and support you on your many journeys.

So whether you yearn to express the stirrings of your heart and mind to paper in the Blue Mountains; feel drawn to hear and see the ancient whispers at a sacred site below the sea in Okinawa; muse along an ancient pilgrim's path dotted with olive groves and spring wildflowers through Umbria; or simply meditate under a canopy of coconut trees while mindful of a gentle stream as it meanders across the fragrant rice paddies of Ubud, we invite you to consider joining our upcoming workshops and retreats.

Thank you for taking the time to visit our website. And if you have any queries, please feel free to send us a note. We hope to see you soon at an Inspired Traveller event.

Wishing you inspired travel,

William Suganda & Cathy MacLaurin  
Inspired Traveller