The spiritual journey is individual, highly personal. It can’t be organized or regulated. It isn’t true that everyone should follow one path. Listen to your own truth.”

– Ram Dass, author and spiritual teacher

This report looks at the following areas:

Interest in retreats and spiritual tourism has soared in recent years as millions of people seek a more meaningful kind of travel experience, one that provides stillness of mind and greater self-awareness. The quest for spirituality has been described as the ‘greatest megatrend in the twenty-first century’ (Patricia Aburdene (2007), Megatrends 2010: The Rise of Conscious Capitalism, Hampton Roads Publishing Company). Despite a decline in religion, the yearning for spirituality and meaning in life has not diminished.
Retreats and Spiritual Travel - July 2015

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Who Chooses Retreats and/or Spiritual Travel?

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