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FOR IMMEDIATE RELEASE

“Radical Self Care Retreat & Renewal” Helps Participants Achieve Their Potential.

Massages, yoga and activities tailored to individual needs are the basis for the Sol Journeys Radical Self Care Retreat & Renewal to be held in Southern Arizona in May, September and October 2007.

The Radical Self Care Retreat & Renewal is a 4-day experience that includes two full-body massage treatments, chair massages, instruction in self-massage techniques, yoga, meditation and a number of additional methods to help participants live a life of quality self-care. Participants will also create a plan for self-care and learn techniques to help them achieve personal goals.

Transformational Experiences are the cornerstone of Sol Journeys adventure and retreat vacations. All of our travel and retreat journeys follow a four element approach consisting of Self Care; Awakening to self connection through yoga, meditation and visualization; Connecting to the natural world and; Discovering and living your dreams.

A variety of additional activities are included in the retreat to help reduce stress, as well as yoga, meditation and visualizing exercises. Exploring and enjoying the natural world in both passive and active (exercise) modes will help participants find balance.

2007 Retreat Dates include May 10 - 13; Sept. 20 – 23, and October 2007 and the prices are \$1125 - \$1325 per person and are all inclusive.

For additional information, contact Sol Journeys at (520) 795 - 0035 or email info@soljourneys.com for more information. Applications may be downloaded from the Sol Journeys Website, www.soljourneys.com

Sol Journeys offers life-enriching experiences through adventure travel journeys, 1-Day journeys and retreat journeys. The company's approach is to integrate the outer travel experience with a look inward - at how people can live more fulfilling lives. Epic and travel journeys include hiking, kayaking, surfing, backpacking and bicycling opportunities. While traveling in locations selected for their natural beauty, Sol Journeys' guiding philosophy is to provide experiences that explore the possibility of who we can be. The journeys combine the elements of fun, relaxation, delicious food, great lodging, yoga and massage all with inspired guides.