



[Browse Wildcrafted Fijian Trips](#)

[Browse Fairtrade Sri Lankan Trips](#)

Reminding of our Mission



Roots

A Wildcrafted Wellness Haven
By Island Spirit



7 nights
Oct 19
£453

Wildcrafted Yoga & Surfing
Go Local and Fresh
Go with Your Girls
Go Fairtrade
Celebrate
our launch with us!

Sri Lanka

Join us to Celebrate our Launch
Discount 30% Off

Sri Lanka | October 2019
7 days

15th – 21st October (£453)

22nd – 28th October

7 days £453 / \$USD570 (usually £645)
3 days £208 / \$USD260 (usually £295)

7 Day Example

Silent breakfasts with a tropical smoothie bowl

Homemade, traditional lunches in the sanctuary

Street food adventures for dinner

6 studies of ashtanga and hatha asanas (yoga postures) on our roof

in the jungle canopy - A chakra a day

Guided meditations

3 ayurvedic massages

6 surf lessons with local teachers

6 optional, authentic, fairtrade, craft/wellness workshops

Double bedroom with ensuite

All in a brand new building in a small jungle five minutes from a

south coast surfing beach

Airport transfers to and from Midigama

[Sign Me Up!](#)

Classics - Fiji & Sri Lanka

[Fairtrade Surfing, Sri Lanka](#)

[Yoga, Surf, Tea and Temples, Sri Lanka- 2 weeks](#)

[Kayaking, Fiji - 2 weeks](#)

[Rustic Highland Hiking, Fiji - 2 weeks](#)

[Wildcrafted Yoga, Fiji - 1 week](#)

[Laidback, local Surfing, Fiji - one week](#)

Please DM me at kirsty@island-spirit.org for more information

Blogs

[About the bombings in Sri Lanka](#)

[Sri Lanka is No 1 travel destination, 2019](#)

[Our new plant based, foody adventure, Sri Lanka](#)

[How to get surf fit, by 'thefreesurfer.com'](#)

Podcasts

[Pioneers for Good](#)

"Kirsty from Island Spirit has a lot of spirit in her. She's bubbly. Her passion for travel is infectious and she is a living example that it is possible to have a great company that gives you a really good quality of life was also positively contributing to the communities that she works in.

Kirsty shares in this very frank conversation, her life journey of how she came upon the idea of setting up an eco-travel agency when it wasn't that fashionable to do. And what 'eco' means to her and to the people she works with, the people who work for her, the communities she visits as well as the people who travel with her.

So sit back and get affected by this amazing story of Kirsty about how she created Island Spirits and what's in store for her as well."

Our Ongoing Grassroots Projects

Recycling in Hiriketiya, Southern Sri Lanka

20 Pairs of Glasses for outer island villagers

Date: July 2018

Value: \$110 (£40)

Raised by the father of a guest and distributed to Lavena and Vidawa villages.

92 more pairs bought in 2019! As I type, our last minute, 2019 glasses campaign has raised £157 on Facebook and by word of mouth. We're so excited to go back and deliver sight to our friends on Taveuni.

Muthu's Shop, Rekawa, Southern Sri Lanka

In 2018 we opened a small shop for Muthu in her and her husband's lodge in South Sri Lanka. She approached me mentioning she'd like to raise her own money.

She has told me that she sees their tourists come and go and our freedom is inspiring to her. In fact, she's told me that's what she loves about my life, I'm free.

We often discuss this and so I tell her the reality; I'm 40 years old and have no children, life can be lonely and travelling with business exhausting.

But it's true, she's not free to come and go, do as she pleases. That's all she wants.

So this small shop has been blessed by Dishan, her husband and she can keep the profit. It's independent now so I'm not managing it, it's up to them but I hope it's given her a step up in the direction she wants.

Belmont High School, Geelong, Melbourne, Australia
The team from Belmont High School, came to Fiji again with Island Spirit in June 2018. This was their fourth visit, this time

with 12 students and three staff.

We all had a great time travelling the islands, and donating materials fundraised from the students school fayres, tuck shops, sausage sizzles and other community events. Eleven HP laptops were donated to Kocoma school.

The students were immersed in rural, island life some camped and most of the time they stayed with local families who were paid \$FJD60 pppn They were al challenged with painting a school in South Taveuni.

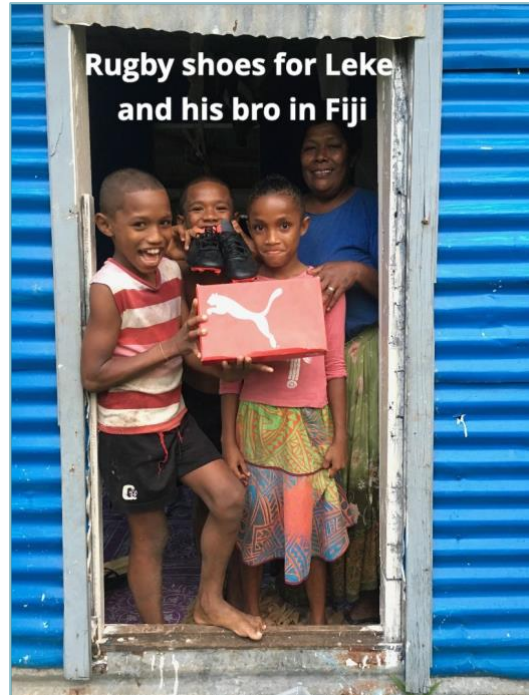
Lavena and Vidawa villages
Rugby, beach and volleyballs

Vurevure
\$FJ28 for rugby champshops transport to Labasa

Esava (Guide)
We donated cement for his house \$40 and fixed his laptop for \$40

Muthu's new shop





Future Grassroots Projects

We are looking forward to introducing upcycling plastic to make modern art in Fiji.

Teaching English and sharing skills with the weavers on Taveuni. Our local network in Fiji and Sri Lanka often ask us directly to help them. We have been asked to source assistant teachers to help with English and Computing on an outer island in Fiji so that's our mission! We are off on the 5th June for two months. Sponsoring young Rugby players on the Fijian islands.



Deals

10% discount on any trip which is referred by you! Please give code ISNEWS19.



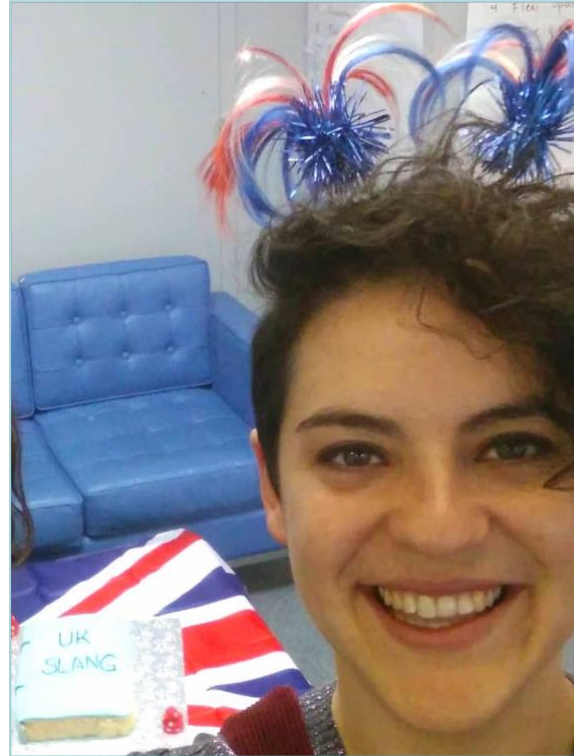
Marcia is an international yoga guide and Reiki healer who began her journey in the United States. She fell in love with the practice of yoga while studying psychology and spiritual philosophies in college. Her academic career propelled her into the physical aspects of yoga and she has since been pursuing the path. She now travels globally teaching about the spiritual elements that have transformed her life in accompaniment with the healing of asana; yoga postures.

Marcia completed 200hr and 300hr teacher trainings, kids yoga certification, and attunement to the Reiki Master Symbol. Her future plans revolve around deepening her personal practice and sharing the gifts of her labours. She's familiar with guiding in studio class, donation-based park events, and retreats hosting.

Her strengths include inviting people to be more comfortable in their own authentic expressions and leading by example. She values her time in nature where she can connect to the elemental energies of wind, earth, fire, and water. She's a lover of life, children, plants, fruits, and animals.

A Student first. Guided by Dharma.

Jess, our new Marketing and Sales Manager: "I met Kirsty and had my first experience with Island Spirit 2 and a half years ago. I really needed some time out from the pace of London life, to reset and reconnect, so a week of yoga and surfing in Sri Lanka sounded very appealing. It turned out to be so much more than I expected and ever could have imagined. From staying with a local Sri Lankan family, to having fantastic surf and yoga instructors, the people in Sri Lanka truly are the heart and soul of an already absolutely stunning country. What really struck me about the week I spent in Sri Lanka was the truly personal, tailored experience that Kirsty made possible by running such a genuinely honest business. Every part of my trip had locals involved and I could see that the money I had paid was going directly back to Sri Lankan people and families, which is something I had never experienced before and really wanted to be a part of. The local knowledge and friendships that Kirsty has built over the years means I truly had an authentic island experience, one that I highly doubt I could have experienced any other way.



I'm so excited to be joining two fantastic women to help grow Island Spirit and share our knowledge and skills. I genuinely believe that we can work to make the world a better place and enjoy immersive cultural experiences, to really grow and learn from one another. I'd love to get as many people involved as possible and share such exciting adventures and memorable experiences."

Vacancies

Silent Partner

We are looking for a unique investor with a passion for the environment and travel who would like to help propel us into the stratosphere!

Spread the Wild Word

Someone with flare and the ability to work alone on achieving sales. We offer 7% commission on each sale. Join us in Sri Lanka from September if you want.

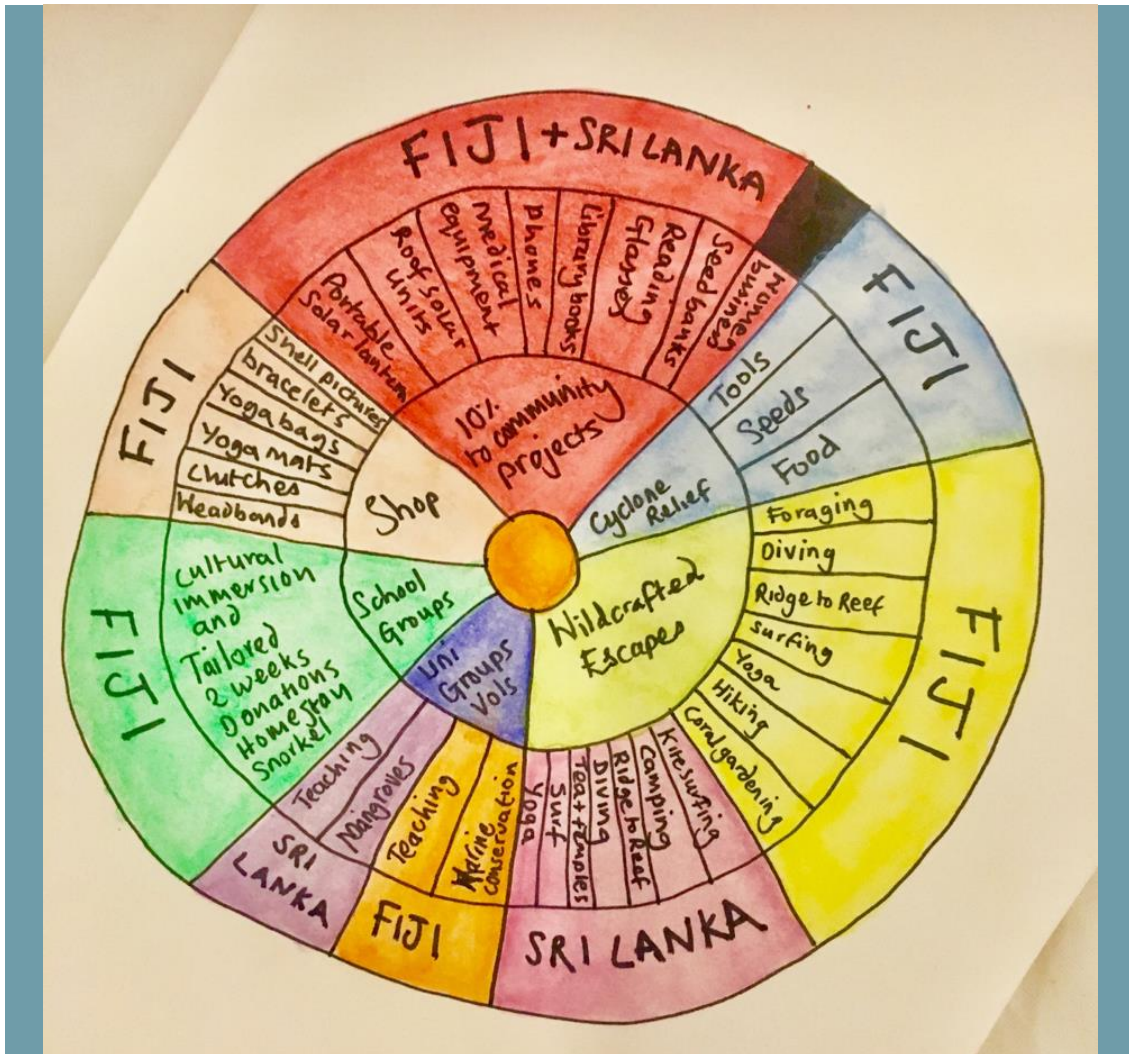
DM: kirsty@island-spirit.org



Inspiration

If you want to feel like you can achieve anything had a listen to this! [Racing cars by Ruti.](#)

Virunga – Film. Another angle, the eco-tourism challenges in Democratic Republic of the Congo.



Our Ethos

We are completely Fairtrade.
Homestays in Fiji are paid \$FJD60/\$USD28 pppn so if that's not an indicator I don't know what is!

We only help projects we are directly asked (from the community themselves) to assist with so in other words we don't produce a project or volunteer programme because our tribe want to do it. It has to come from the community level.

We pride ourselves on only using locally owned or run accommodation or those with a sustainability policy in place and preferably awards – these are the hard finds!
Another perspective. Even we like to see what we do from this infographic angel. Very refreshing!



Recommended Flights

£460 Sri Lanka return

£937 Fiji return (with a five star stop over!)

We use a combination of: Skyscanner, Hopper and Google Flights.

What people are saying...

"During my time I have learned to be more grateful for the things I have. By living side-by-side with the village I've seen the value of true happiness." Kyle Waters, Canada

"I couldn't think of a better way to see and enjoy Taveuni." Manal Monsour, Australia

"We are so happy we don't know what to say!"
Benny, a member of one of the village

"Everywhere we went people were polite and courteous, whether it was helping us cross rivers or waving to us from the other side of the road. I believe if everyone was like this the world would be a better place." Georgia Bridges, Australia

"This is real Fiji." Jodi, Australia

"I learned something today watching the group work together. Our grandfathers used to do that. We need to learn again." Sake, An elder of the village.