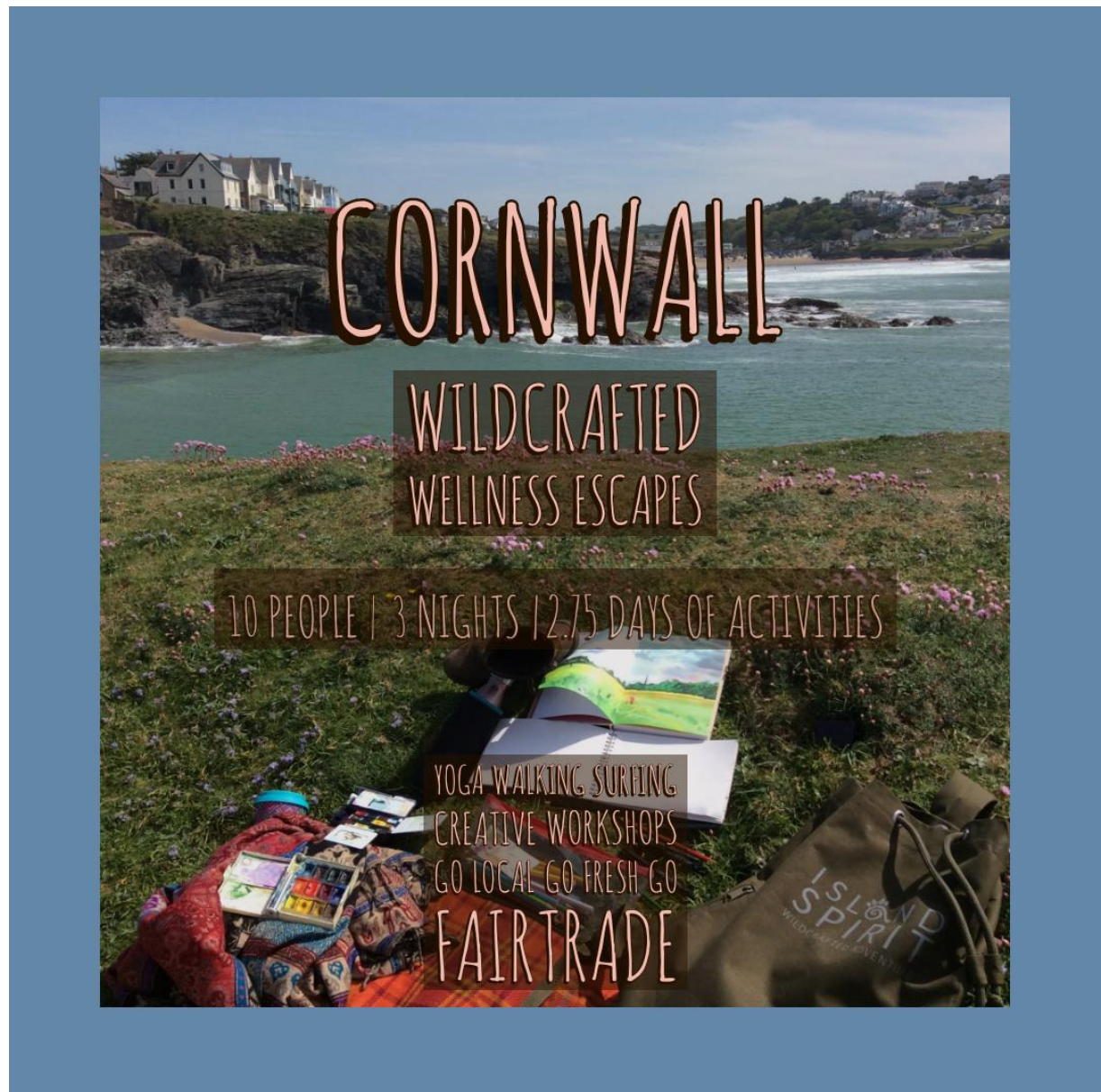


# ISLAND SPIRIT™

WILDCRAFTED ADVENTURE



[WWW.ISLAND-SPIRIT.ORG](http://WWW.ISLAND-SPIRIT.ORG) | [KIRSTY@ISLAND-SPIRIT.ORG](mailto:KIRSTY@ISLAND-SPIRIT.ORG)



*“Island Spirit inspires people to make positive changes throughout their lives by introducing them to island-based responsible travel and sustainable projects with sensitivity to local values and tradition.”*

# Wildcrafted Wellness

## Body Awareness, Creativity and Compassion

Introducing our unique retreat perched on a cliff in North Cornwall specialising in creativity and compassion.

Our wellness experience has been designed to create flexibility and choice for those who are passionate about nurturing their body, mind and soul.

Treat yourself to start or continue your yoga and surf practice from a different perspective, where mother nature rules.

## Ethical Through and Through

It's time we change the way we travel, let's do it consciously: offset your carbon footprint, buy locally produced meals, ditch the plastic bottle, employ the community.

Actively take part in applied conservation projects.

We are the first company in the world to be a member of the World Fairtrade Organisation and specialise in responsible travel so you know your money is going to the right places.

A unique space that prioritizes cultural values and environmental welfare while nurturing all your needs and surpassing expectations. We embrace the local community with open arms, nurture the environment and promote the sharing of skills and personal connections.



# Our Specialities

Hatha Yoga | Surfing | Kayaking | Sri Lankan meals | Locally sourced vegan meals | The Artists Way |  
Thai Chi | Meditation | Beach clean-ups | Ocean ecosystem workshops  
Walking | Rockpool photography | Sri Lanka themed cookery classes

## Itinerary

### Arrival - 21<sup>st</sup> January

Arrive at 4pm, relax  
5pm welcome ceremony  
6pm yin yoga in the Coach House  
7.30 pm Dinner  
9 pm Meditation

### Day 1 – 22nd January

8 am - Wake up to a locally sourced smoothie and fresh coffee  
8.30 am - Surf lesson, tumble in the waves or kayaking  
10 am - Communal breakfast  
10.45 am - Craft and wellness workshop or activity  
1.30 pm - Communal, traditional lunch  
2.30 - Siesta  
3 pm - Craft and wellness workshop or activity  
4 pm – Relaxing tea time  
5 pm - Yoga in the Coach House  
6 pm - Free time / massages  
7 pm – Locally sourced or Sri Lanka themed dinner  
8 pm – Free time | massages  
9 pm Meditation

### Day 2 – 23<sup>rd</sup> January

8 am - Wake up to a locally sourced smoothie and fresh coffee  
8.30 am - Surf lessso, tumble in the waves or kayaking  
10 am - Communal breakfast  
10.45 am - Craft and wellness workshop or activity  
1.30 pm - Communal, traditional lunch  
2.30 - Siesta  
3 pm - Craft and wellness workshop or activity  
4 pm – Relaxing tea time  
5 pm - Yoga in the Coach House  
6 pm - Free time  
7 pm – Locally sourced or Sri Lanka themed dinner  
8 pm – Free time | massages  
9 pm Meditation

### Day 3 – 24th January

- 7 am – Earlier wake up to a locally sourced smoothie and fresh coffee
- 7.30 – gentle stretch yoga in the Coach House
- 8 am - Surf lesson or tumble in the waves
- 9 am - Communal breakfast
- 10 am store bags and join an optional walk before lifts back to the station r drive home

## Included

- 3 nights and 2¾ days of activities over a long weekend*
- 4 studies of Hatha and ashtanga asanas (yoga postures)
- 3 guided meditations
- 3 Thai Chi sessions
- 1 ayurvedic massage
- 3 surf lessons with local teachers
- 2 optional, authentic, fairtrade, craft/wellness workshops
- Framed image of your best photo from the rockpool photography session
- Double bedroom or twin rooms
- Train station collection
- Homemade, traditional or Sri Lankan themed meals

## Price and Dates

21st January 4pm - 24th January 12 noon 2022  
From £450

## Accommodation

A spacious, communal house perched on a cliff in North Cornwall on the iconic Cornwall coastal path. A variety of room types and a dedicated Coach House space for our meditation and yoga sessions make it a very special location.

## Offers

Book you and a friend before November 1<sup>st</sup> 2021 for £20 off each.

## Notes

- Add-on workshops and lessons are available.
- Tailormade, Fairtrade, off the beaten track, tours around the area also available.
- Extra workshops to be organised based on group choices:
  - Coasteering
  - Supping
  - Weaving
  - Introduction to permaculture
  - Lampshade making
  - Yoga dance
  - Plastic bricks



# Why Island Spirit?

We are a small, social enterprise where more often than not, you will not only talk directly with Kirsty, the founder, but be taught yoga and a variety of workshops by her too! You are not one of the masses, this is more personal and you are much more connected with both the local people and the environment you are in.

We are the first company in the world to be a member of the World Fairtrade Organisation and specialise in responsible travel so you know your money is going to the right places.

Creating opportunities for everyone.

A constant, relaxed flow of active participation.

We pride ourselves on sharing knowledge and passion.

Join our rare and unique, Fairtrade, travel community designed for ethically minded travellers.

## Contact

Contact us on [Kirsty@island-spirit.org](mailto:Kirsty@island-spirit.org) or [www.island-spirit.org](http://www.island-spirit.org)

UK: +44 7733265360

Read our blog all about our move to the UK

<https://island-spirit.org/general-responsible-travel-news/responsible-tourism-england/>



ARIEL KAMARA, UK. WILDCRAFTED WELLNESS RETREAT, 4 DAYS, SRI LANKA  
DEC 2019

I had an amazing time on this retreat. You will get to experience a really authentic side of Sri Lanka and meet wonderful people. The accommodation is beautiful, newly built and tastefully designed, which really helps you to relax and unwind. The bedroom and bathroom was very clean and the bed was comfortable and there are mosquito nets.

You will never want to leave the rooftop of the villa. Imagine your rooftop yoga practice surrounded by tree tops, with monkeys jumping around in the distance and magical sunsets! The yoga sessions were excellent and tailored to what we felt like each evening. I had never surfed before and loved the surf lessons that we had each morning.

The teacher was brilliant and I always felt comfortable and safe. The massages were in a beautiful and relaxing centre and each one took place just at the right time. The food was always delicious and we were able to try many different Sri Lankan dishes. There were always plenty of vegan options. What stood out on the retreat was the effort to support local people's businesses and the care and attention to detail. We had many experiences that I don't think I would have discovered otherwise and made my time in Sri Lanka really special.





