



April 1<sup>st</sup> - 4<sup>th</sup> 2022

## Wildcrafted Wellness Weekend Body Awareness and Creativity

[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 travellers lives by introducing them to island-based responsible travel and sustainable projects with sensitivity to local values and tradition."*



For the first time ever, Island Spirit (the first-ever responsible travel company to be a member of the World Fairtrade Organisation) is hosting one of their 'Wildcrafted Wellness Weekends' in the UK in beautiful Cornwall.

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 practice from a different perspective, where mother nature rules.

During the weekend participants will immerse themselves in daily yoga and meditation, with classes by highly skilled and knowledgeable Dr. Kamaraj. Guests will be treated to delicious meals using locally sourced, fresh ingredients, with Sri-Lankan inspired lunches and dinners. Included in the retreat along with ceremonies, yoga and meditation are guided clifftop walks; therapeutic healing massage; craft and wellness workshop and a unique rockpool photography workshop. There will be ample time for relaxing, reading and connecting with other guests.

## Included

*3 nights and 2¾ days of activities over a long weekend*  
6 studies of Hatha and ashtanga asanas (yoga postures)  
3 guided meditations  
2 local walks  
Rockpool (mobile phone) photography workshop  
Framed image of your best photo from the rockpool photography session  
Optional craft and drawing workshops  
Bodmin Parkway train station collection and drop-off for the first three to request  
Homemade, traditional, Sri Lankan-themed meals

## Price and Dates

April 1-4<sup>th</sup> 2022  
Double front room two pax occupancy £510pp  
Twin front room per person £510pp  
Bunk £450pp  
Back twin room £470pp  
Master top room two pax occupancy £650pp  
*A full refund is guaranteed if cancellation is Covid-19 related.  
10% discount if booked before 15<sup>th</sup> March 2022.*

## Itinerary

### Arrival – Friday 1<sup>st</sup> April 22

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

### Day 1 – Saturday 2nd April

7.30am - Wake up to a locally sourced smoothie and fresh coffee  
8am – Yoga in the Coach House  
9.15am - Communal breakfast  
10am – A woodland and clifftop walk and talk with foraging  
1.30pm - Communal, traditional Sri Lanka themed lunch  
2.30pm - Siesta

3pm - Craft and wellness workshop or activity  
4pm – Relaxing tea time  
5pm - Yoga in the Coach House  
6pm - Free time / massages  
7pm – Locally sourced or Sri Lanka themed dinner  
8pm – Free time | massages  
9pm Meditation

### **Day 2 – Sunday 3<sup>rd</sup> April**

7.30am - Wake up to a locally sourced smoothie and fresh coffee  
8am – Yoga in the Coach House  
9.15am - Communal breakfast  
10am – Rockpool mobile phone photography workshop followed by a clifftop walk  
1.30pm - Communal, traditional lunch  
2.30pm - Siesta  
3pm - Craft and wellness workshop or activity  
4pm – Relaxing tea time  
5pm - Yoga in the Coach House  
6pm - Free time  
7pm – Locally sourced or Sri Lanka themed dinner  
8pm – Free time | massages  
9pm Meditation

### **Day 3 – Monday 4<sup>th</sup> April**

7am – Earlier wake up to a locally sourced smoothie and fresh coffee  
7.30am – gentle stretch yoga in the Coach House  
8.30am – A hill walk and alfresco meditation  
9.30am - Communal breakfast  
10am store bags and join on an optional walk before lifts back to the station

## **Option Extras**

Reiki | Indian healing massage

## **Accommodation**

The house is a homely venue with large, bright and spacious rooms, an open-plan kitchen, and dedicated yoga and meditation space in an old coach house in the garden where you will feel at ease, at peace and sleep very well after lots of fresh air, soul work, and exercise! It is located on the cliffs of New Polzeath on the Cornish coastal path, an area managed by the National Trust and is one of only five Marine Protected Areas in Cornwall. This area is known for its beautiful scenery – from Rock, Padstow and Daymer Bay to the Camel Estuary and rocky islets of Newland and The Moulds. The majestic cliffs, and long sandy beaches are directly outside. It is located between a large surfing beach with an expansive tidal range, great for foraging, and a smaller, hidden beach next to a multitude of fascinating rock pools.

## **Your Teacher**

Dr. Kamaraj Rajendra holds a B.N.Y.S M.Sc in Yoga, Naturopath. He is a highly-qualified instructor with decades of experience in the practice of yoga, meditation and holistic wellness. Dr Kamaraj is renowned for teaching authentic Indian yogic principles. He is qualified in Integrated Healing Therapy and hosts retreats in the UK, Europe and India. And now, for the first time, in Cornwall.

## Notes

Please do a lateral flow test within 24 hours of arrival

Seasonal, off the beaten track, local tours also available such as surfing, kayaking and coasterring

Extra workshops to be organised based on group choices:

Coasteering | Weaving | Introduction to permaculture | Lampshade making | The Artists Way | Yoga  
dance | Plastic bricks making workshop



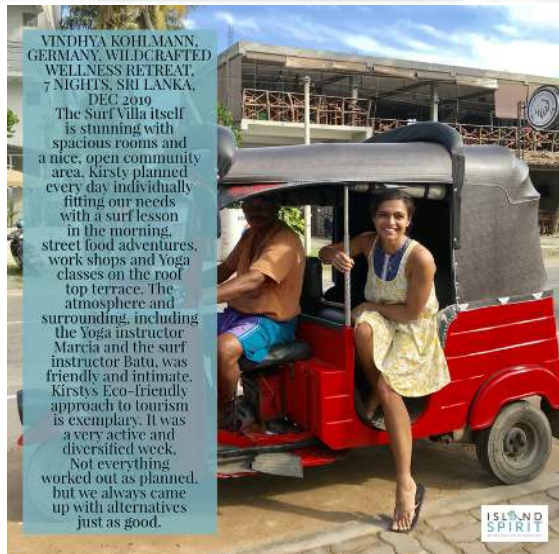












VINDHYA KOHLMANN,  
GERMANY, WILDCRAFTED  
WELLNESS RETREAT,  
7 NIGHTS, SRI LANKA,  
DEC 2019  
The Surf Villa itself  
is stunning with  
spacious rooms and  
a nice, open community  
area. Kirsty planned  
every day individually  
fitting our needs  
with a surf lesson  
in the morning,  
street food adventures,  
work shops and Yoga  
classes on the roof  
top terrace. The  
atmosphere and  
surrounding, including  
the Yoga instructor  
Marcia and the surf  
instructor Batu, was  
friendly and intimate.  
Kirsty's Eco-friendly  
approach to tourism  
is exemplary. It was  
a very active and  
diversified week.  
Not everything  
worked out as planned,  
but we always came  
up with alternatives  
just as good.

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I-AURA MALISI,  
GERMANY, WILDCRAFTED  
WELLNESS RETREAT,  
7 NIGHTS, SRI LANKA,  
DEC 2019  
When we stayed with  
Kirsty in Midigama,  
Sri Lanka it exceeded  
all my expectations!  
We had so many  
amazing experiences  
here, went surfing,  
did yoga, had massages  
and even attended  
a cooking class. During  
all our time here,  
Kirsty was the kindest,  
most helpful and  
nicest host anyone  
could ask for! So  
thank you Kirsty, for  
making our trip here  
so special! Thanks  
for all the travel  
advice for Sri Lanka  
you gave us, and  
thank you that you  
responded to all our  
wishes! I wish I could  
come here again and  
would definitely  
recommend Island  
Spirit to anyone  
looking for a unique  
and authentic travel  
experience!

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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.

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## 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.

## Why Island Spirit?

We are a small, Community Interest Company, 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 communities and the environment you are in.

## Contact

Contact us on [Kirsty@island-spirit.org](mailto:Kirsty@island-spirit.org) or [www.island-spirit.org](http://www.island-spirit.org)  
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Read our blog all about our move to the UK  
<https://island-spirit.org/general-responsible-travel-news/responsible-tourism-england/>



