



ISLAND
SPIRITtm
WILDCRAFTED ADVENTURE

Summary

Island Spirit Wellness Villa

WWW.ISLAND-SPIRIT.ORG | KIRSTY@ISLAND-SPIRIT.ORG



Sri Lanka's first Fairtrade Haven

A wildcrafted sanctuary nestled in the jungle near Midigama beach in Southern Sri Lanka which embraces local community, promotes the sharing of skills, embraces personal connections and nurtures the environment.

Start or continue your yoga and surf practice from a different perspective, where mother nature rules. We have created a unique space for those interested in the culture and skills of our Sri Lankan community.

A Day in the Life

- 6am - Wake up to a locally picked banana and fresh coffee
- 6.15am - 10 min tuktuk ride to the beach
- 6.30am - Surf lesson
- 7.30am - 10 min tuktuk to our sanctuary
- 7.45am - Communal, silent breakfast with fresh smoothie bowls and coffee
- 8.30am - Free time
- 12.30pm - Communal, traditional Sri Lankan lunch
- 3pm - Authentic, fairtrade, craft and wellness workshops
- 4pm - Relaxing Sri Lankan tea time
- 5pm - Rooftop yoga session
- 6.30pm - Free time
- 7pm - Street food adventure
- 8.30pm - Return to our Sanctuary

Rack Rate

- 7 nights all inclusive LKR144,000 | USD\$820 | EURO730 | \$AUD1185 | £675
- 20th & 27th December \$990
- 3 nights all inclusive LKR67,000 | USD\$ 370 | EURO335 | \$AUD540 | £300

Dates

Opens in October 15th 2019 – April 14th 2020



7 Night Escape

Silent breakfasts with smoothie bowls
Homemade, traditional lunches in the sanctuary
Street food adventures for dinner
6 studies of hatha and ashtanga asanas (yoga postures) on our roof in the jungle canopy
Guided meditation
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

3 Night Escape

Silent breakfasts with smoothie bowls
Homemade, traditional lunches in the sanctuary
Street food adventures for dinner
3 studies of hatha and ashtanga asanas (yoga postures) on our roof in the jungle canopy
Guided meditation
2 ayurvedic massages
3 surf lessons with local teachers
3 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

Accommodation

Shared
A room with ensuite and four single beds

Private
Four poster bed with ensuite

Practical, Wildcrafted Workshops

Batik printing
Supping
Weaving
Intro to permaculture
Meditation
Soap making
Lace making
Lagoon boat ride and cinnamon making trip
Lamp shade making
Travel without plastic workshops
Carving
Plastic bricks
Sri Lankan Dance
Yoga dance



Applied ethical tips
Using a coconut
Vegan, traditional cooking class
Applied permaculture
A worm farm for your kitchen
Movie night
Introduction to ayurvedic medicine
Introduction to travel photography
Introduction to watercolour
Introduction to Chakras
Introduction to Ayurveda
Introduction to Chakras
Introduction to Reiki
A beginners understanding of Yamas and Niyamas
Yoga nidra
Mindful walking

Flights

From the UK we have recently seen flights as low as £415 on Kuwait Airways LHR-COL.

Notes

Add on workshops and lessons available.
Tailormade, Fairtrade, off the beaten track, tours around Sri Lanka also available.

Why Island Spirit?

Introducing a wildcrafted, bohemian and authentic experience that is isn't found anywhere else. Island Spirit is a special and unique place that prioritizes cultural values and environmental welfare while nurturing all your needs and surpassing expectations.

We've spent five years growing our community in Sri Lanka and listening to what people want to receive and what locals want to teach.

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.

We are a small, social enterprise which allows you to talk directly with Kirsty, the Director, you are not one of the masses, this is more personal and you are much more connected with both the local people and environment you are in.

By just travelling with Island Spirit you are already helping generate fair income for the local people.

Three girls, one idea.
Creating opportunity for everyone.
A constant, relaxed flow of active participation.
We pride ourselves on sharing knowledge and passion.
Join our rare and unique, Fairtrade, travel chain designed for ethically minded travellers.

Where to find us?

Website

<https://island-spirit.org/experiences/island-spirit-wellness-villa-sri-lanka/>

FB

islandspiritwellnessvilla

30% Off for our Launch Celebration

15th – 21st October

22nd – 28th October

\$USD570 7 nights

\$USD260 3 nights

Contact

Contact us on Kirsty@island-spirit.org or www.island-spirit.org

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ALL LEVELS WELCOME!

ISLAND SPIRIT
WILDCRAFTED ADVENTURE

BOOK NOW & JOIN US!

WILDCRAFTED WELLNESS VILLA

SRI LANKA'S ONLY FAIRTRADE VILLA

ALL INCLUSIVE ROOFTOP YOGA | SURF LESSONS | FAIRTRADE WORKSHOPS
STREET FOOD ADVENTURES | FREE ECO TOUR ADVICE

7 NIGHTS £665 | 30% OFF OCT 19
20% OFF GROUPS & VILLA HIRE AVAILABLE

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WWW.ISLAND-SPIRIT.ORG/EXPERIENCES/ISLAND-SPIRIT-WELLNESS-VILLA-SRI-LANKA/

WORLD FAIR TRADE ORGANIZATION MEMBER