



Summary  
Wildcrafted Wellness  
Retreats

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

*“Island Spirit inspires people travelling to Sri Lanka 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.”*

## Sri Lanka's First Fairtrade Haven

Introducing Sri Lanka's first Fairtrade, Wellness Haven. A wildcrafted sanctuary nestled under a mango tree near Hiriketiya beach in Southern Sri Lanka.

Our affordable, authentic, wellness experience has been designed to create flexibility and choice for those who are passionate about nurturing their bodies, mind and soul. You won't find this anywhere else.

Treat yourself to start or continue your yoga and surf practice from a different perspective, where mother nature rules. We have created a unique space for those intrigued about the culture and skills of our Sri Lankan community.



## Ethical Through and Through

It's time we change the way we travel. If we are to fly long haul 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

Yoga, surfing, locally sourced vegan meals, wildcrafted workshops, including:

Batik printing  
Supping  
Weaving  
Intro to permaculture  
Meditation  
Soap making  
Lacemaking  
The lagoon boat ride and cinnamon making trip  
Lampshade making  
Travel without plastic workshops  
Carving  
Plastic bricks  
Sri Lankan Dance  
Yoga dance  
Beach clean-ups  
Mangrove planting  
Ocean ecosystem workshops

## A Day in the Life

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



## Price and Dates

22<sup>nd</sup> October 2021  
9 nights all-inclusive £930

24<sup>th</sup> December 2021  
9 nights all-inclusive £1210

## 9 Night Escape

Silent breakfasts with smoothie bowls  
Homemade, traditional lunches in the sanctuary  
Home-cooked or street food adventures for dinner  
8 studies of Hatha and ashtanga asanas (yoga postures) on our roof in the jungle canopy  
Guided meditation  
2 ayurvedic massages  
8 surf lessons with local teachers  
8 optional, authentic, fairtrade, craft/wellness workshops  
Double bedroom with ensuite  
Airport collection (3.5 hours drive to the villa)

## Accommodation

Double en-suite bedrooms with access to your communal veranda.

## Flights

From the UK we have recently seen flights as low as £547 on Opodo, LHR-COL.

## Offers

Book before 30<sup>th</sup> September 2021 and receive a 10% discount.  
Free one-hour yoga flow download on payment of your deposit

## Notes

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

## Why Island Spirit?

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 a small, social enterprise where more often than not, you will not only talk directly with Kirsty, the Director 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. By travelling with Island Spirit you are already helping generate fair income for the local people.

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/wildcrafted-wellness-retreats-sl9/>

## 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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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  
Mareia 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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LAURA 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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