



ISLAND
SPIRITtm
WILDCRAFTED ADVENTURE

Summary
Wildcrafted Wellness
Retreats

WWW.ISLAND-SPIRIT.ORG | 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

22nd October 2021
9 nights all-inclusive £930

24th 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 30th 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 here 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 or 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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