

ISLAND SPIRIT™

WILDCRAFTED ADVENTURE



CORNWALL

WILDCRAFTED YOGA
WALKING
MEDITATION
PHOTOGRAPHY
HOME-COOKED
SRI LANKAN MEALS
GO LOCAL
GO FRESH
GO FAIRTRADE

LAUNCH PRICE
21ST JAN
3 NIGHTS FROM £350
KIRSTY@ISLAND-SPIRIT.ORG

ISLAND SPIRIT
WILDCRAFTED ADVENTURE

WWW.ISLAND-SPIRIT.ORG | 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 and Creativity

Introducing our unique retreat perched on a cliff in North Cornwall focussing in yoga, creativity and wonderful food.

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.

Our Specialities

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

Included

3 nights and 2¾ days of activities over a long weekend

6 studies of Hatha and ashtanga asanas (yoga postures)

3 guided meditations

1 ayurvedic massage

3 local walks

Rockpool (mobile phone) photography workshop

Framed image of your best photo from the rockpool photography session

3 local walks

Life drawing, shell matchboxes workshops

Double bedrooms or twin rooms

Bodmin Parkway train station collection and drop-off

Homemade, traditional or Sri Lankan-themed meals

Price and Dates

Our special launch price:

21st January 4pm - 24th January 12 noon 2022

As of 20th Nov:

Bunk room £370 (one bed available)

Double front room single occupancy £825 (available)

Double front room two pax occupancy £460pp (two spaces available)

Twin front room per person £460 (two beds available)
Twin back rooms £410pp (two beds in one room available)
Master top room single occupancy £960 (available)
Master top room two pax occupancy £550pp (two spaces available)

A full refund is guaranteed if cancellation is Covid-19 related.

Itinerary

Arrival – Friday 21st January

Arrive at 4pm, relax

5pm Welcome ceremony

6pm Yoga in the Coach House

7.30 pm Dinner

9 pm Meditation

Day 1 – Saturday 22nd January

8am - Wake up to a locally sourced smoothie and fresh coffee

8.30am - Foraging

10am - Communal breakfast

10.45am – A woodland and clifftop walk and talk

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 / 30 min integrated therapeutic healing massages

7pm – Locally sourced or Sri Lanka themed dinner

8pm – Free time

9pm Meditation

Day 2 – Sunday 23rd January

8am - Wake up to a locally sourced smoothie and fresh coffee

8.30am – Morning meditation

10am - Communal breakfast

10.45am – 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 | 30 min integrated therapeutic healing massages

7pm – Locally sourced or Sri Lanka themed dinner

8pm – Free time

9pm Meditation

Day 3 – Monday 24th January

7am – Earlier wake up to a locally sourced smoothie and fresh coffee

7.30am – gentle stretch yoga in the Coach House

8am – A hill walk and alfresco meditation

9am - Communal breakfast

9.30am leaving ceremony

10 am store bags and join an optional walk before lifts back to the station

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.

Optional Extras

£70 per hour

Reiki

Massage

Reflexology

Indian head massage

Shiatsu

Acupuncture

Offers

Book you and a friend before November 30th, 2021 for £20 discount per person.

Notes

Please do a lateral flow test within 24 hours of arrival

Add-on workshops and lessons are available.

Seasonal, off the beaten track, local tours also available.

Extra workshops to be organised based on group choices:

Coasteering

Weaving

Introduction to permaculture

Lampshade making

Yoga dance

Plastic bricks making workshop

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, 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

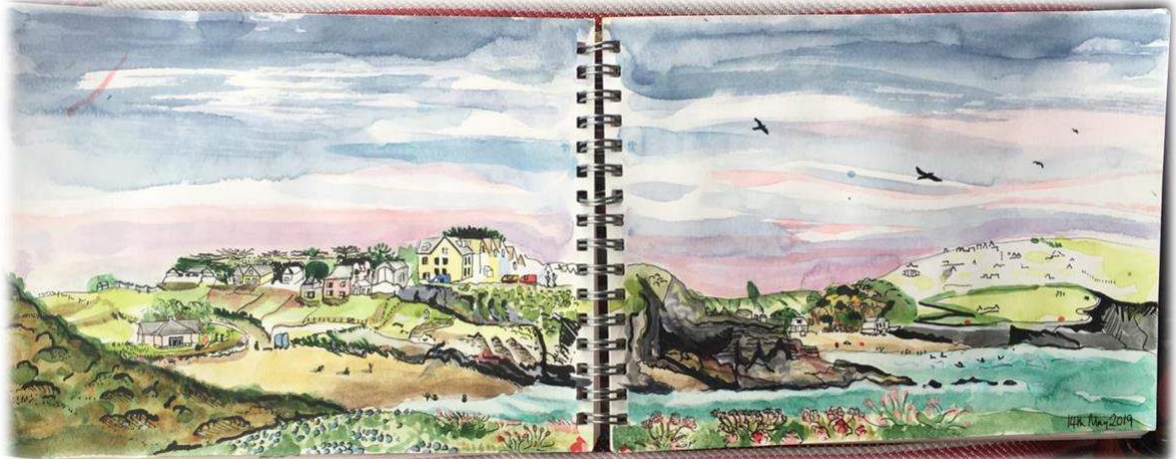
Contact us on Kirsty@island-spirit.org or www.island-spirit.org

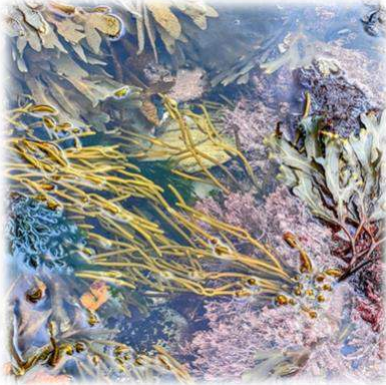
UK: +44 7733265360

Read our blog all about our move to the UK

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









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 rooftop terrace. The atmosphere and surrounding, including the Yoga instructor Marcia and the surf instructor Batu, was friendly and intimate. Kirstys 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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