

ISLAND SPIRIT™

WILDCRAFTED ADVENTURE



April 26th, 27th, 28th, leave on 29th 2024

Wildcrafted Wellness Weekend

Rejuvenate & Reconnect

For parents and babies up to 2 years old

WWW.ISLAND-SPIRIT.ORG | 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, 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. This special weekend is designed for parents and babies up to 6 months of age at time of arrival.

Our wellness experience has been designed to create flexibility and choice for those who are passionate about nurturing their baby, body, mind and soul. Treat yourself to start or continue your yoga practice from a different perspective, where you and Mother Nature rule.

During the weekend participants will immerse themselves in daily yoga and meditation. 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 photography workshop (mobile phone)
Framed image of your best photo from the rockpool photography session
Optional craft and drawing workshops
Homemade, traditional, Sri Lankan-themed and local meals

Price

Double front 2 pax £345pp
Twin front 2 pax £345pp
Bunk 2 pax £345pp
Twin back 2 pax £345pp
Twin top 2 pax £345pp
Master double 2 pax £345pp

*A full refund is guaranteed if cancellation is Covid-19 related.
10% discount if booked before 30th March 2024.*

Itinerary

Arrival – Saturday 15th October 2022

Arrive at 3pm meet at the house to go on a refreshing walk to accustom yourself with the area.
5pm settle in your room
5.30pm welcome ceremony and slow, yin yoga
7.30pm Dinner
9pm Meditation

Day 1 – Sunday 16th October

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 - Monday 17th October

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 - Tuesday 18th October

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 Mouls. 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

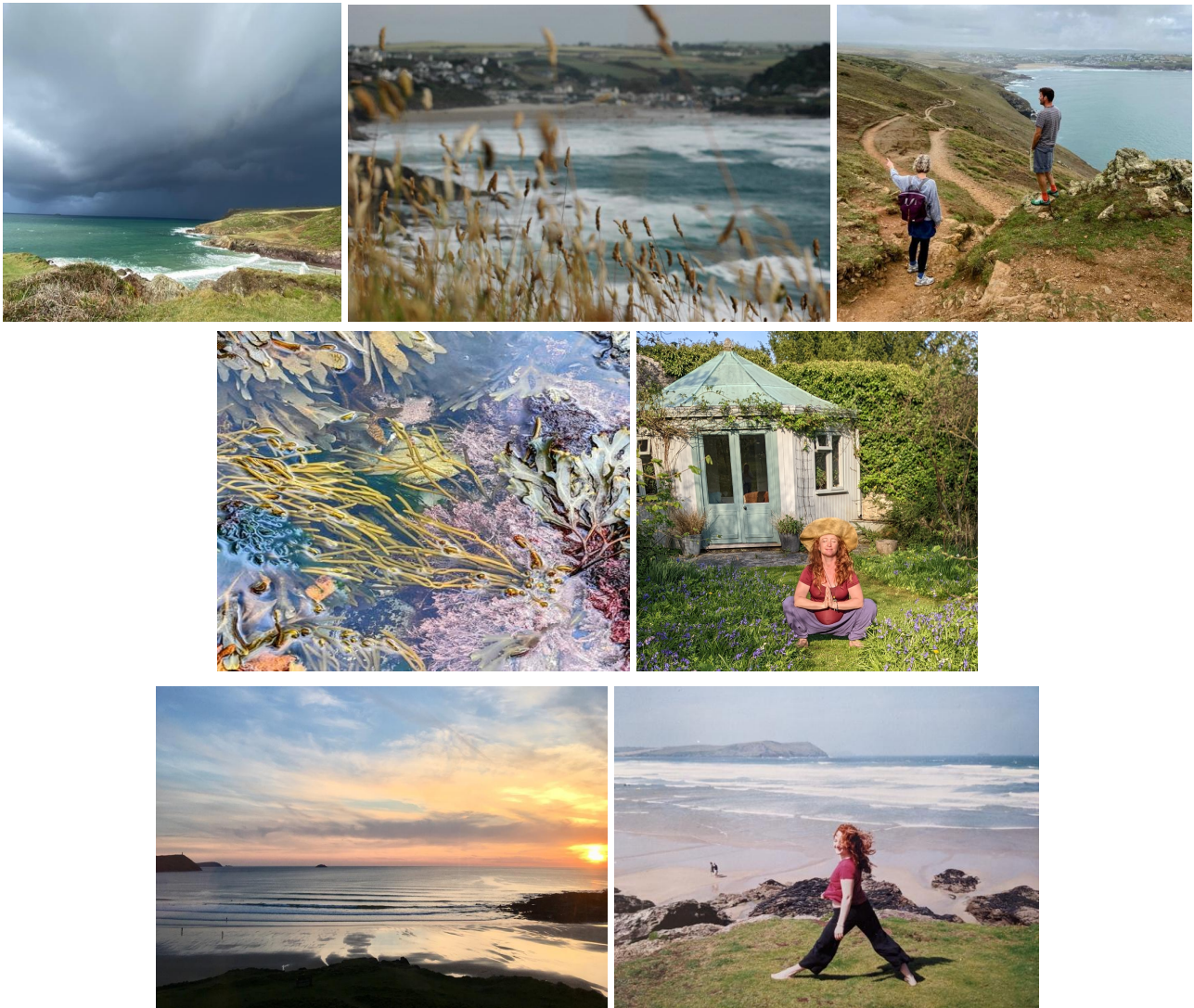
I have included yoga in my life for over twenty years. I enjoy the great feeling of satisfaction it gives me and even more enjoyment comes from sharing this with others. I believe in nurturing the body to calm the mind and aid in keeping positive in our fast-paced world. Iyenga, Yin and Hatha are my preferred styles of yoga and I focus on alignment and getting poses right rather than the faster forms of yoga.

Notes

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

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. 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.



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!





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

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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/>