



October 15th, 16th, 17th, 18th 2022

## Wildcrafted Wellness Weekend Rejuvenate & Reconnect

For parents and babies up to 6 months of age at time of arrival

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



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For the first time ever, 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 rules.

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 (mobile phone) photography workshop  
Framed image of your best photo from the rockpool photography session  
Optional craft and drawing workshops  
Bodmin Parkway train station collection and drop-off for the first three to request  
Homemade, traditional, Sri Lankan-themed meals

## Price

**Contact us for up to 20% discount!**

Double front 2 pax £450pp

Twin front 2 pax £490pp

Bunk 2 pax £420pp

Twin back 2 pax £480pp

Twin top 2 pax £430pp

Master double 2 pax £540pp

*A full refund is guaranteed if cancellation is Covid-19 related.  
10% discount if booked before 30th May 2022.*

## 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

Kirsty has woven yoga into her life for 23 years. She enjoys focussing on alignment as well as the fascia. She has a 200hr YTT certificate and is currently doing CPD in anatomy.



## Notes

Please do a lateral flow test within 24 hours of arrival

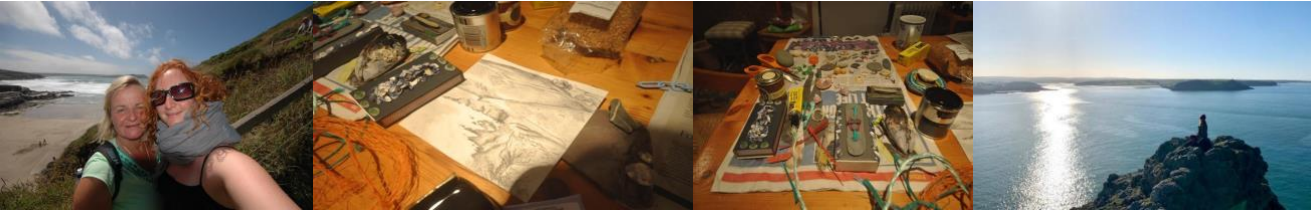
Seasonal, off the beaten track, local tours also available such as surfing, kayaking and coasterring

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 SurfVilla 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.



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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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## 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

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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Read our blog all about our move to the UK

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