

# ISLAND SPIRIT™

WILDCRAFTED ADVENTURE



26th - 29th April 2024

[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.”*



# Wildcrafted Wellness Body Awareness and Creativity

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.

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 practice from a different perspective, where mother nature rules.

During the weekend participants will immerse themselves in daily yoga and meditation, with Kirsty. Included in the retreat along with ceremonies, yoga and meditation are guided clifftop walks; 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*  
5 studies of Hatha and ashtanga asanas (yoga postures)  
3 guided meditations  
3 local walks  
Rockpool (mobile phone) photography workshop  
Framed image of your best photo from the rockpool photography session  
Optional craft and drawing workshops  
Homemade, traditional or Sri Lankan-themed meals

## Price and Dates

Two double front room two pax occupancy £345pp  
Twin front room per person £345pp  
Twin back rooms £345pp  
Master top room two pax occupancy £490pp  
*A full refund is guaranteed if cancellation is Covid-19 related.*

## Itinerary

### Arrival - Friday 26th April

Arrive at 4pm, relax  
5pm welcome ceremony  
6pm yoga in the Coach House  
7.30pm Dinner  
9pm Meditation

### Day 1 - Saturday 27th April

8am - Wake up to a locally sourced smoothie and fresh coffee  
8.30am - Foraging  
10am - Communal breakfast  
11am - 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  
6pm - Free time  
7pm - Locally sourced or Sri Lanka themed dinner  
8pm - Free time  
9pm Meditation

### **Day 2 - Sunday 28th April**

8am - Wake up to a locally sourced smoothie and fresh coffee  
8.30am - Morning yoga  
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  
6pm - Free time  
7pm - Locally sourced or Sri Lanka themed dinner  
8pm - Free time  
9pm Meditation

### **Day 3 - Monday 29th April**

7am - Earlier wake up to a locally sourced smoothie and fresh coffee  
7.30am - gentle yin yoga  
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 | Acu-nidra | Acupuncture

## 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 Moulds. 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

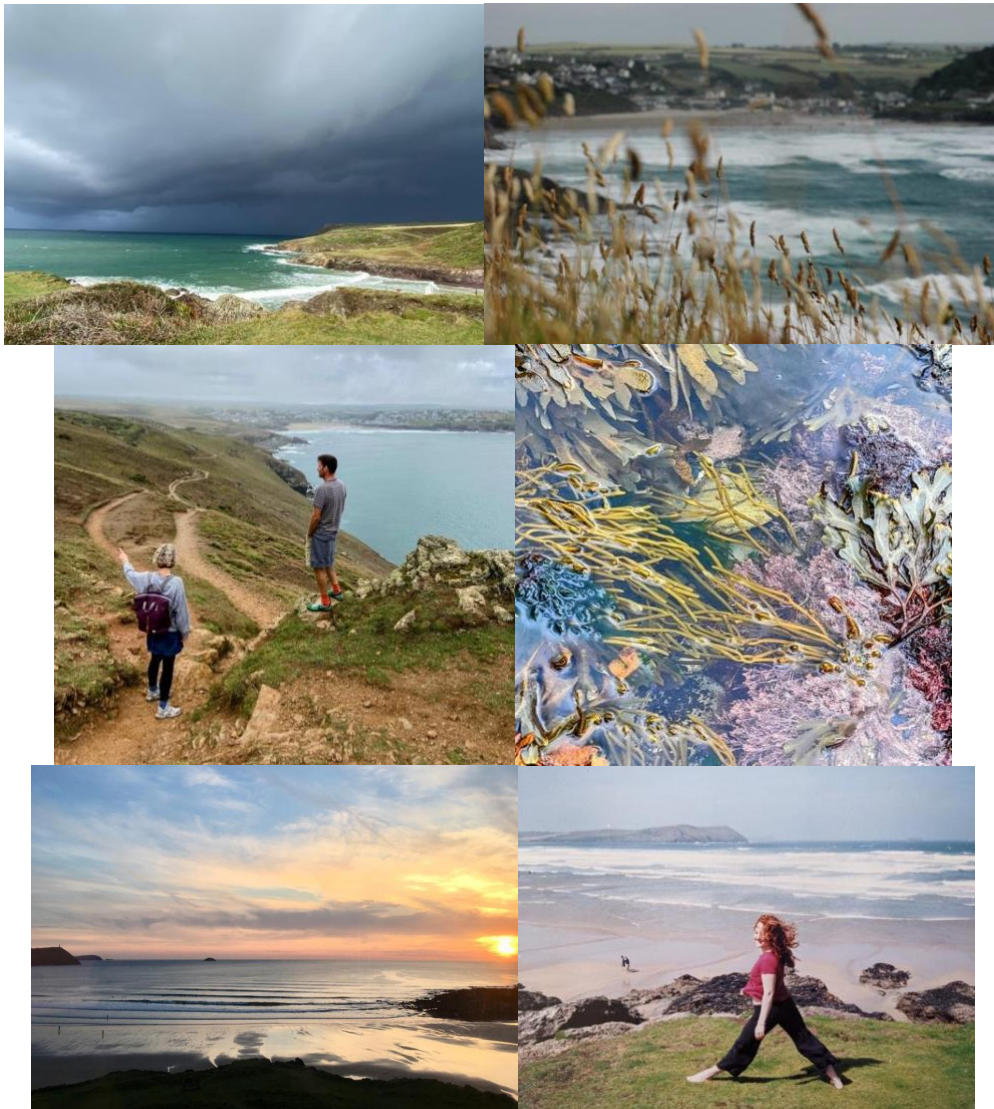
Kirsty has included yoga in her life for over twenty years. She enjoys the great feeling of satisfaction it gives her and she says even more enjoyment comes from sharing this with others. I believe in nurturing the body to calm the mind and aid in keeping positive in our face-paced world. Iyenga, Yin

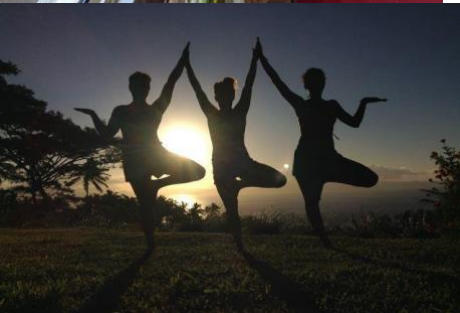
and Hatha are her preferred styles of yoga and she focuses on alignment and getting poses right rather than the faster forms of yoga.

## Notes

Please do a lateral flow test within 24 hours of arrival  
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 | 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/>

