



*the island
experience*

an adventure like no other



“We have created an escape which enables you to reconnect with the simple yet important things in life. Here you can take time to focus on your health and begin or continue a journey in personal growth. Invigorated, refreshed and relaxed, you will return to your world completely rejuvenated.

Program Director, Martin Marpegan

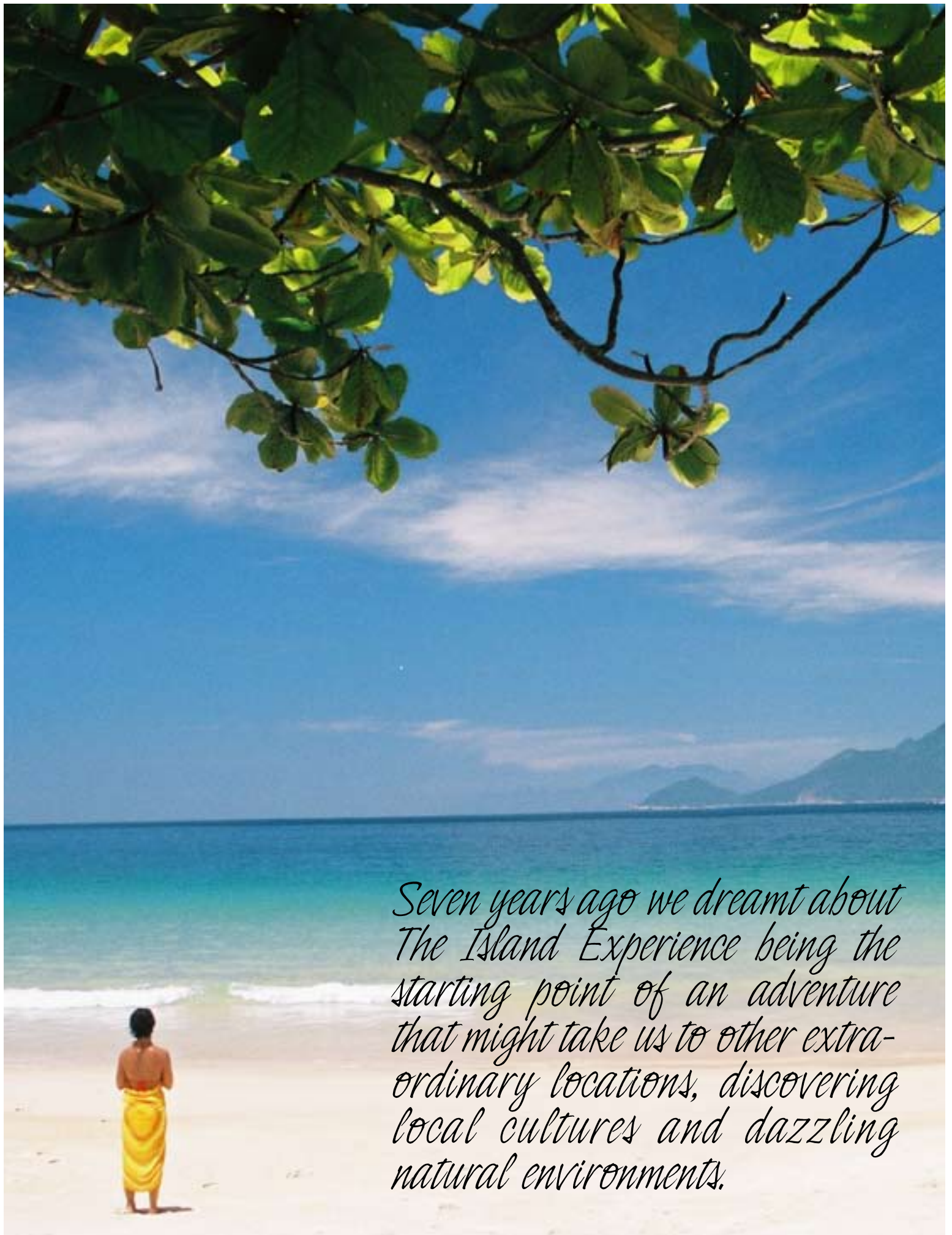




'the island experience'

is an adventure fitness and cleansing program created on the magical island of Ilha Grande, Brazil, just down the coast from Rio de Janeiro. Intelligently designed, our challenging yet fun outdoor activities together with a pure diet, twice daily yoga and a series of massages will leave you relaxed, healthy and feeling like new. The combination of these elements in an incredible natural setting has proven over the past seven years to have extraordinary health and healing effects.

The Island Experience was founded by a group of friends who share a passion for adventure, healthy living and nature. Together, we created a unique holiday experience, different from other fitness and yoga retreats.



Seven years ago we dreamt about The Island Experience being the starting point of an adventure that might take us to other extraordinary locations, discovering local cultures and dazzling natural environments.



Our quest for enchantment continues and we invite you to visit us at one of our sister programs in *Patagonia and Costa Rica* at different times of the year. Here you can enjoy a mountain or jungle retreat created with the same essence found in our Brazilian adventure. This is a unique opportunity to explore a new place with the guidance of a trusted team.





We believe in change.

People can change their life in just one week. We have seen it happen many times. When we open ourselves to new challenges and gently face our limits, we can transform our fears into strengths. We know that true inner change usually comes gradually and naturally whenever the time is right. We're here to nurture and encourage you along your journey of transformation!

“I felt a sense of rejuvenation, the natural result of six days' worth of physical challenges, vitamin-rich food and breathtaking massage sessions. You could think of it as detox, but I prefer to call it adventure-spa afterglow.” — *W Magazine*



“The best gift I gave myself.” — *Fitness*



Best for nature lovers... Never has an upper- and lower-body workout felt so magical.

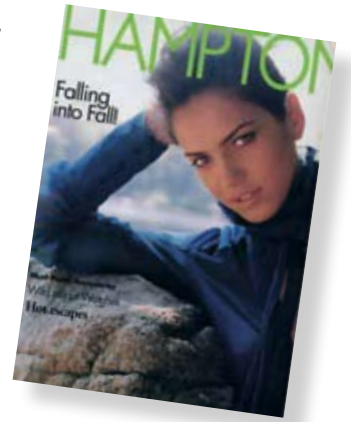
— *Harpers Bazaar (UK)*





Our program is built around you and our team is fully committed to helping you get the most out of this challenging week. In small weekly groups, you will be nurtured and supported; receiving all the individual attention you need. We adapt and customize our program to your needs and objectives each day. Some benefits are immediate; you will quickly feel energetic and strong, lean and toned, clear headed and peaceful. But the transformation goes deeper. You will leave with new knowledge that will enable you to make changes in your nutritional habits. You will remember how capable and healthy your body and mind can be, and know that there is a magical place in the world that truly brings out the best in you.

“Hard to believe, but at times our derriere has been known to sag. So thank God for the Island Experience -a seven-day, adrenaline-pumping, outdoor-fitness bonanza of hiking, sea kayaking and yoga.” — *Hamptons*



“A natural way to realign your mind and body; reconnect with nature and re-energize your body and soul.”

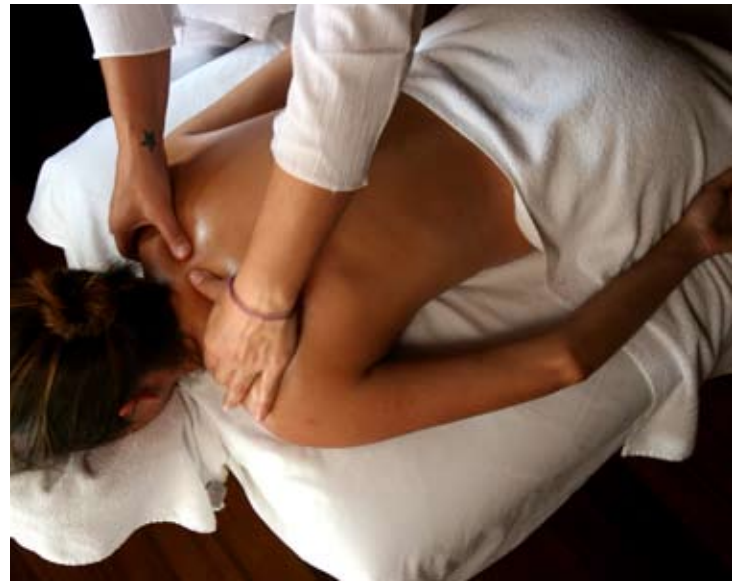


“Getting fit, losing weight, feeling good. That's the payoff at this Island Adventure Spa in Brazil.” — *Luxury SpaFinder Magazine*

“You're cleansing yourself, but not starving yourself. I've never been a vegetarian, but the way they prepare it is exquisite. And you're in one of the most beautiful Atlantic rain forests on the planet.”


— *Chris Noth, US Magazine*





Each day begins with a yoga class, followed by a fresh and delicious breakfast. Your days are spent hiking through the rainforest and kayaking to quiet coves and palm lined beaches, and we plan in just the right amount of time for you to refuel, recharge and enjoy the beaches, waterfalls and stunning scenery.

Early evening is a time for more yoga, massage and relaxation in our spa facilities. Sunset and laughter from the hot tub are not to be missed. If the sights and sounds of the day have inspired you, painting is available to awaken your creativity or you can curl up in a hammock with a good book. Dinner is served in a relaxed ambience in which to enjoy exquisite locally inspired cuisine. The opportunity to experience local culture in a variety of ways is also offered during the week.



“Thank you all for helping me find my way back to myself. These last two weeks have been so beneficial; at times challenging but extremely rewarding. Your kindness, generosity and insight, together with this amazing place laid the foundation for the realisation of some long overdue life changing decisions.”

Gaby, USA.

‘Everything about The Island Experience was perfect.

The guides were patient and knowledgeable along with being some of the nicest people I've ever met. The food was delicious and the activities highlighted just how beautiful the scenery is there. I would go back a million times over... top notch facility!



‘Heaven on Earth!

The last week has been just amazing! First of all, the place with its lovely lodge, its peaceful yoga “temple”, its amazing view, calm water and healthy food! The staff has been brilliant! I'm so peacefully relaxed, happy and I have a big smile on my face!

‘My time here was life altering.

I returned to my daily life with a new-found drive to live healthy and stay active. I also connected with nature and my body in a new way that has a very deep significance for me. I would highly recommend this to anyone and everyone.



Join us for this experience
alone, with friends or family and
rediscover a lighter and brighter you!

For more information visit
www.theislandexperience.com

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