

Awaken Adventure,
Ignite Spirit – Discover
Yourself in Ilha Grande
with
**BODY & SOUL
ADVENTURES**



AS SEEN IN

TRAVEL+
LEISURE

Outside

VOGUE

HARPER'S
MAGAZINE

Spa finder

**TRANSFORM AND
TRANSCEND**
Challenge Your Limits,
Elevate Your Mind



BOOK NOW



**YOUR ADVENTURE
AWAITS**

Embark on an unforgettable journey with Body & Soul Adventures, where the lush wilderness of Ilha Grande awaits to transform you. Experience a perfect blend of exhilarating hikes, serene kayaking, daily yoga, and rejuvenating massages, all inclusive in your retreat. Nestled in an eco-friendly lodge, savor nutritious meals and connect with nature like never before. Join us for a week of adventure, wellness, and discovery in one of Brazil's hidden gems.

Let's Connect!

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ADVENTURE LEVELS

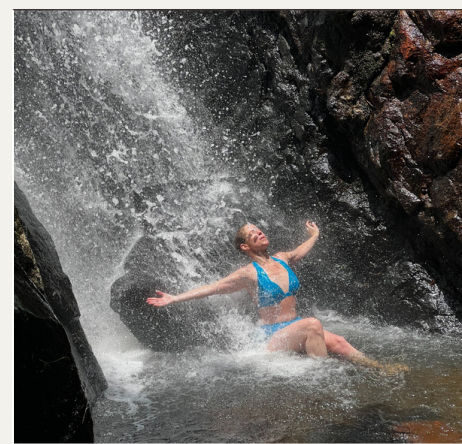
Level 1: Gentle Explorer

- Tailored for those seeking a relaxed pace.
- Enjoy hikes, ideal for beginners or those preferring less challenging trails.
- Serene kayaking sessions focus on scenic enjoyment and tranquility.
- Activities are engaging yet relaxed, with plenty of time for reflection.
- Wellness-focused, with yoga and meditation for relaxation and rejuvenation.
- Experience Ilha Grande's beauty at a comfortable, unwinding pace.

Level 2: Adventurous Challenger

- Designed for guests looking for a physically challenging experience.
- Engage in rigorous hikes across diverse terrains, requiring fitness and stamina.
- Dynamic kayaking adventures cover greater distances and offer exciting challenges.
- Activities aimed at pushing your limits safely, fostering achievement and thrill.
- Yoga and meditation sessions enhance physical performance and mental focus.
- Explore the exhilarating side of Ilha Grande's natural landscapes.

Whether you choose the tranquil path of the Gentle Explorer or the exhilarating route of the Adventurous Challenger, your adventure with us is more than a journey through stunning landscapes. It's a personal exploration of growth, discovery, and the enchanting beauty of Ilha Grande. Embark on an adventure that's crafted just for you, and transform the way you see the world and yourself.



A WEEK OF TAILORED MAGIC: YOUR ADVENTURE, YOUR WAY

Escape to a world untouched by the rush of modern life at Body & Soul Adventures, nestled on the car-less, serene island of Ilha Grande. This is no ordinary retreat; it's a unique opportunity to completely unplug and immerse yourself in unspoiled nature. Here, every path leads to tranquility and every activity is an invitation to rediscover yourself. Our tailored adventures are designed to align with your individual needs, ensuring a deeply personal and transformative experience.

At Body & Soul Adventures, we understand that each guest arrives with unique needs, goals, and abilities. That's why we've designed a personalized approach to ensure your week on Ilha Grande is nothing short of magical and perfectly suited to you. One of the ways that we accomplish this is by personalizing your experience,

Upon booking, you'll complete a detailed health, fitness, and goals assessment. This step is vital in customizing your adventure, ensuring it's not only enjoyable but also in harmony with your personal capabilities and aspirations. Our goal is to craft an adventure that's both fulfilling and safe, tailored specifically to you.