

Talalla Yoga Retreat

Sri Lanka | 1st - 7th April



Nourish our minds, body + soul

Take a journey with me to Talalla beach, an undiscovered cove of crystal clear turquoise water, spotless golden sand and mesmerising sunrises and sunsets.

We will immerse ourselves for 7 days + 6 nights of nourishing sessions of daily yoga in an open air yoga shala, filled with meditations, sound healing and workshops set amongst the lush green tropical surrounds of nature.

We will be filled to the brim with clean food, warm people, enriching adventure + friendship circles where we will truly be kissing the earth in gratitude.

The program is curated with activities that will explore and balance through the practice of yoga. As with Yin + Yang to create harmony within ourselves.

- ▶ Daily yoga am flow + pm yin
- ▶ Meditation, Sound Healing, Workshops
- ▶ Day Trip to Galle Dutch Fort, Mulikirigala Buddhist Rock Temple, Udawalawa Safari.
- ▶ Sunset at Dondra Lighthouse, visit local Dickwella Beach
- ▶ Relaxation, Swimming, Massages

When: 1st - 7th April

Where: Talalla Resort,
Tangalle, Sri Lanka

Capacity: We have accommodation for up to 15 students

Travel: Fly directly to Colombo, Sri Lanka. Option for group taxi to resort 4hrs. Or you can access the train 3hrs from Maradana to Matara station LKR420, then local bus / taxi.

What to expect



Tangalle

The palm fringed bay + picturesque coves of Tangalle are a natural treasure. This is a lazy town littered with gentle reminders of the Dutch days of the 18th century, beautiful villas looking out over the shimmering sands. Tangalle is the gateway to the wide open spaces & beaches of southeast Sri Lanka.

Talalla Resort

The water is a minutes stroll from your villa through tall palm trees and soft grass...the sea in this secluded cove is calm for safe swimming. There is one mile of golden sand where often the only footprints will be yours. The sun rises out of the sea for a fuchsia velvet sky mirrored by crystal waters & a daily scene set to take your breath away.

Accommodation

Talalla Retreat is a boutique hotel, offering barefoot rustic charm as the retreat sits just meters from Talalla beach. Here, time is measured in moments of serenity & pleasure.

The facilities at Talalla are second to none, well appointed rooms, excellent food, a large swimming pool & the sprawling common areas are all yours to enjoy. We are able to offer

multiple accommodation types with something to fit every budget. Prices are in AUD. *Flights + return transfer is not included.

- ▶ **Dorm**
Perfect for single travellers, wanting to make new friends \$1360pp **EB \$1050**
- ▶ **Bungalow**
The beautifully set traditional Sri Lankan styled bungalow includes a common living area & front balcony with shared bathrooms. S\$1465 or TS\$1285pp **EB \$1160 / \$985**
- ▶ **The Big House**
Standard rooms with private en-suite bathroom, sitting area, sky view shower, ceiling fan, mosquito net S\$1600 or D\$1410pp **EB \$1300 / \$1100**
- ▶ **Bamboo Huts**
Beautifully designed eco huts epitomise nature as you listen to the sounds of waves, hear the monkey's playing in the trees S\$1985, TS/D\$1600pp **EB \$1685 / \$1300**
- ▶ **Deluxe Villas**
On ground & first floors include, a sitting area, patio or balcony, personal safe, wardrobe, ceiling fan, mosquito net, toiletries, open air shower & private en-suite S\$1860 TS/D\$1535pp or Triple \$1410 **EB S\$1550 / \$1235 / \$1110**
- ▶ **Sea View Villa**
Located metres from the beach, a sitting area, A/C, ceiling fan, open air bathrooms S\$3025, TS/D\$2310 **EB \$2725 / \$2000**





Yoga Shala

Is an open air shala surrounded by lush palm trees and sounds of the ocean. Deepen your own practice of self love and wellbeing as we explore the beautiful south Sri Lanka and all this magical place has to offer.

Healthy Food

Locally sourced, seasonal produce. Gentle to the body, gentle to the environment. Vibrant tropical fruit, crisp fresh vegetables and fresh local seafood feature prominently on the menu. Included in your package is 3 healthy locally sourced meals.

Itinerary

Our daily schedule will be flexible according to the weather + tide's so we can prepare our yoga practice during the cooler times, average temperature mid 30's during the day.

- ▶ am : Yang flow + meditation
- ▶ am : Breakfast
- ▶ midday : excursions / activities / workshops / free time / relaxation
- ▶ pm : Yin yoga + sound healing
- ▶ pm : Dinner

Excursions

- ▶ **Galle**
The World Heritage listed Old Dutch fort of Galle covers a total of 36 hectares and its winding streets and laneways are layered with an ancient and rich history.
- ▶ **Udawalawa National Park Safari**
Lets go on an wildlife safari where hundreds of elephants roam free.
- ▶ **Mulkirigala Rock Temple**
We take a pilgrimage to the Mulkirigala Rock Temple ancient Buddhist heritage site over 2,000 years old. We will stop by Dickwella beach, to spend some time soaking up the sunshine
- ▶ **Dondra Lighthouse**
Is the tallest and most famous lighthouse situated on the southernmost tip of Sri Lanka, we will climb this to view the sunset.

Sign me up!

Please email for further information & bookings at info@anandayogahub.com.au or to register your interest + book your deposit of \$350 to join us for a week in paradise.

Accommodation styles are limited.

EARLY BIRD SPECIAL : \$300 off per person when you book prior to Christmas.



Amanda xox