

At Talalla Wellness we believe in finding and creating BALANCE. Our philosophy is simple. Eat Well, Move More, Live Better.

Here is some information to kickstart your journey and get you ready!

## About our retreats

Our Wellness Retreats are run twice a month, starting on Sunday afternoon and finishing on Saturday morning. From January 2019 - March 2019 they are run every week. You are most welcome to arrive earlier / stay later than the scheduled retreat dates. Please see a list of our dates below:

### Remaining 2018 dates

Sept 16 - 22	April 14 - 20
Sept 23 - 29	April 21 - 27
Oct 14 - 20	May 12 - 18
Oct 21 - 27	May 19 - 25
Nov 18 - 24	June 16 - 22
Nov 25 - Dec 1	June 23 - 29
Dec 2 - 8	July 14 - 20
Dec 9 - 15	July 21 - 27
<b>2019</b>	Aug 18 - 24
Jan 6 - 12	Aug 25 - 31
Jan 13 - 19	Sept 8 - 14
Jan 20 - 26	Sept 15 - 21
Jan 27 - Feb 2	Oct 13 - 19
Feb 3 - 9	Oct 20 - 26
Feb 10 - 16	Nov 10 - 16
Feb 17 - 23	Nov 17 - 23
Feb 24 - Mar 2	Nov 24 - 30
Mar 3 - 9	Dec 1 - 7
Mar 10 - 16	Dec 8 - 14
Mar 17 - 23	Dec 15 - 21
Mar 24 - 30	Dec 22 - 28

## Why Wellness?

Your time off is precious, and whatever you may be going through, we have the environment, space, people, tools and services to ensure you make the most out of your break. Our retreats are designed for people who are:

- Seeking a healthy, balanced holiday where you can stay fit, let your hair down and relax
- Needing a 'break' from every day life/work, looking to reduce some stress and/or anxiety
- Open to meeting new people or trying something new
- Going through a life transition and open to shifting perspective or receiving some support

We've curated a BALANCED week that is focused on improving your mental, physical and emotional health (with a touch of spirituality thrown in!). You are encouraged to do as little or as much as you like - and under NO

PRESSURE to participate in everything.

A typical day on Wellness Retreat can look like:

6.30am - Meditation and Pilates 7.30am - Vinyasa Yoga

9.00am - Breakfast

11am - Free time / Massage Treatment /

Workshop or 1:1 Consult

1.00pm - Lunch

3.00pm - Surf Lesson or Cooking Demo

5.00pm - Mat Pilates or Restorative Yoga 6.30pm

- Dinner

8.00pm - Meditation + bed

\*Note: this is an example day only! Your full schedule will be provided upon arrival  
On Wednesdays we head out on SAFARI or a LOCAL VILLAGE BIKE RIDE





## What's included!

The 6 night, 7 day package is PACKED with inclusions, and designed so you never have to reach for your wallet whilst you're here. Here's what's covered:

- ❖ Your Accommodation (options [here](#))
- ❖ 3 Meals, 2 Non-Alcoholic beverages DAILY
- ❖ All your Yoga, Mat Pilates + Boxilates classes (min. 2 x daily)
- ❖ 2 hr Surf lesson with private coach + free surf options and board rental all week
- ❖ 1/2 day SAFARI to Udawalawe National Park (see Elephants!) or Local Village Bike Ride
- ❖ 1:1 Consultation (Postural Assessment or Holistic Health Check)
- ❖ Posture + Movement Workshop
- ❖ 1 Hour Massage / Beauty Treatment of your choice
- ❖ Guided Meditations and Writing Exercises (Personal Reflection)
- ❖ Sri Lankan Cooking Demonstration + Recipes
- ❖ Wellbeing Plan for you to take home with you
- ❖ Friday night Cocktail
- ❖ Gift Bag + Tank (valued at \$40USD)

### Additional Options + Extras :

Tea Plantation Tour - \$15USDpp (min. of 4 required) Colombo/Airport to Talalla Transfers - \$110 -

\$125USD one way

1:1 Aryurveda consult/treatment - from \$40USD

Reiki Consultation and Treatment - \$50USD

Private Pilates or Yoga (1:1) - \$50USD

Private Surfing Lesson (1:1) - \$50USD

## Accommodation + Prices

All pricing is based in USD\$ and per person. It is ALL inclusive (as there's nothing worse than having to pull out your purse on retreat!) - you can view our accommodation options [here](#)

### Peak Season

1<sup>st</sup> Nov – April 30<sup>th</sup>

#### Bungalow

US\$ : 1200 / \$1100  
Private/Twin Share

#### Big House

US\$ : 1300 / \$1200  
Private/Twin Share

#### Deluxe Villa (no AC)

US\$ : 1500 / \$1300  
Private/Twin Share

#### Bamboo Beach Hut

US\$ : 1600 / \$1500  
Private/Twin Share

#### Sea View Villa (w AC)

US\$ : 1700 / \$1600  
Private/Twin Share

### Standard Season

May 1<sup>st</sup> – Oct 31<sup>st</sup>

#### Bungalow

US\$ : 1100 / \$1000  
Private/Twin Share

#### Big House

US\$ : 1200 / \$1100  
Private/Twin Share

#### Deluxe Villa (no AC)

US\$ : 1400 / \$1200  
Private/Twin Share

#### Bamboo Beach Hut

US\$ : 1500 / \$1400  
Private/Twin Share

#### Sea View Villa (w AC)

US\$ : 1600 / \$1500  
Private/Twin Share





"Without sounding cliched, it really was the perfect balance of exercise, relaxation, mind and body. Everything was fun and effortless and the resort was beautiful. We laughed, we even cried and we made life long friends and I can't wait to do it all again next year" - Charlotte, UK

## Getting here - flights + transfers

You'll need to fly into (and out of) Bandaranaike International Airport. Getting to Talalla: If you have opted for and booked your transfer via us, our driver will pick you up from the airport or your hotel, it's approx. a 3 hour drive South to Talalla, You can also use public transport for an adventure!

1. BUS or TRAIN from Katunayake Train Station (Airport) to MATARA \*note only in the mornings
2. BUS Katunayake to COLOMBO then the free-way BUS to Matara  
> Tuk tuk from MATARA to Talalla Retreat (approx. 20mins + 600rps)  
For something a little different - why not take an Air Taxi with [Cinnamon Air](#) from Colombo to Dickwella! \$250 USD one way, it only takes 45 minutes and is a great way to see the country from the sky.

Booking process and payment - two options  
Option 1 - credit card/debit card

1. Head to our accommodation booking page, [https://staahmax.staah.net/bookings/indexpackage\\_detail?propertyId=NDM1&individual=true](https://staahmax.staah.net/bookings/indexpackage_detail?propertyId=NDM1&individual=true)
2. Select date
3. Scroll to **Wellness Retreat** and +View Room Types
4. Select the Accommodation/Room Type you'd like
5. Select / change number of Adults + any Extras
6. Confirm your accommodation booking by paying a 20% deposit or in full.
7. Once your payment has been processed you will receive a confirmation email.

Option 2 - bank transfer (we will send you an invoice for electronic transfer)

Kick off: We officially kick things off at 4pm on Sunday. This gives you time to arrive, relax and hit 5.00pm yoga if you need a stretch.

You are welcome to check in from 2.00pm though.

Wrap up: We wrap at 10.00am on the Saturday, so an afternoon or evening flight that day is ideal. If you're staying on in

Sri Lanka after the Wellness Retreat we can help you arrange transport to the next chapter of your adventure.

## Visas

You need a visa for entry to Sri Lanka - the best way is to apply before you go and grab one online, which you can do [here](#). It only takes a few minutes, costs \$30 USD and needs to be done at least 48 hours prior to travel. Make sure you select 'holidaying or sightseeing' as the purpose of your visit, and don't leave it to the last minute! Screen shot a copy of the approval on your phone so it's easy to pull out when you arrive in Sri Lanka.

## Contacting us

We are here to assist you in every way possible. The best way to get in touch with us is via email:

[wellness@talallaretreat.com](mailto:wellness@talallaretreat.com)

You can call us at Talalla on: t:+ 94 41 22 59171 m:+ 94 71 092 7441

We're on Whatsapp and Viber too:  
Jenna: + 61 422 355 410

Please refer to our [FAQs](#) - and ofcourse if you have any further queries please don't hesitate to get in touch. See you soon!

The Talalla Wellness  
Team x