

Talalla Yoga is about sharing our love of Yoga with you.  
Here is some information to kickstart your journey and get you ready!

## About our retreats

We provide Yoga retreats every week between December - April. And twice a week between May - November.

Talalla Yoga offers 4 different rotating retreat themes that focus the classes and overall experience on differing aspects of yoga:

*Fall In Love With Your Practice*

*Energy Body Exploration*

*Recharge and Renew*

*Alchemy of the Elements*

In your spare time, enjoy relaxing by our gorgeous pool, book a surf lesson, dip in the ocean, schedule spa treatments, and make friends with yogis on retreat!



## Why Talalla Yoga?



Nourish yourself, skin to soul, in the idyllic tropical paradise of Talalla.

Talalla Yoga Retreat strives to create a transformational experience through full emersion of the body, mind and soul.

Experience the full spectrum of yogic living through practice of Asana, Pranayama, Meditation, healthy eating, special workshops and one on one tuition.

Relax and renew, sip a coconut and get back to nature.

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



## Typical Daily Yoga Schedule

6 : 30 - 7 : 00am Self Guided Morning  
Meditation (optional)

*Greet the day for meditation practice using the techniques learned in class or enjoy the sunrise*

7 : 30 am Vinyasa Yoga (90 Min)

*Vinyasa is a style of yoga that uses the connection of breath to link posture to posture in a continuous and rhythmic way.*

*Variations will be given to accomodate all levels of practitioners.*

12.00pm Afternoon Workshop (60 - 90 min)

*Daily workshops are an opportunity to explore other aspects of yoga that are not covered in regular yoga classes.*

5.00pm Restorative Yoga / Yin Yoga (90 min)

*Restorative yoga initiates the relaxation response to decrease the levels of stress. Props such as bolsters and blankets are used to support the body in poses.*

6:45 pm Meditation / Pranayama (30 - 45 min)

*Taking time to unwind from the day, this session focuses on developing breathing practices and meditation techniques.*

## What's Included!

The 6 night 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

3 x Meals + 1 Non-Alcoholic beverage daily

5 x Vinyasa Yoga Classes (90min)

6 x Restorative Yoga Classes (90min)

5 x Meditation Sessions

3 x Specialty Workshops

1/2 day Excursion (Safari, Rock Temple or Tea and Turtles)

1 Hour Massage / Beauty Treatment of your choice

Sri Lankan Cooking Demonstration + Recipes

30 min Private Yoga Session

Gift Bag + Tank

Additional Options + Extras :

Colombo/Airport to Talalla Transfers - \$115 - \$125USD one way

1:1 Aryurveda consult/treatment - from \$40USD for 60 min

Reiki Treatment (60 mins) - \$50USD

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



## WEEK 1: FALL IN LOVE WITH YOUR PRACTICE

This retreat is a dedication to deepen your yoga practice. We comprehensively explore the different facets of yoga to embody the practice in all ways. The specialty workshops will focus on yoga philosophy, asana alignment, how to develop a home practice, as a big catalyst to take your practice to a deeper level.

### 2019 DATES

January 20 - 26  
February 17 - 23  
March 17 - 23  
April 14 - 20  
June 2 - 8  
August 4 - 10  
October 27 - November 3  
November 17 - 23  
December 15-21



### Excursion: Elephant Safari

This week, we head to Udawalawe National Park to visit the Sri Lankan wildlife - after we get into our jeep, we take a journey through the park to spot Elephants and other beautiful native animals in their natural habitat!

*\*\*All excursion is subject to change\*\**

## WEEK 2: ENERGY BODY EXPLORATION

This week, our resident teachers will take you on an inner journey exploring the seven chakras. We will experience our main power centers as more than just abstract concepts, but instead, learn to access them through asana practice, meditation, and our special workshops

### 2019 DATES

December 30 - January 5  
January 27 - February 2  
February 24 - March 2  
March 24 - 30  
April 21 - 27  
June 9 - 15  
August 11 - 17  
October 6 - 12  
November 24 - 30  
December 22 - 28



### Excursion: Mulkirigala Rock Temple

We take a pilgrimage to the Mulkirigala Rock Temple- an ancient Buddhist heritage site over 2,000 years old! We stop by Hiriketeya Beach to have a fabulous lunch and swim at Jasper House (Talalla's beautiful sister property)



## WEEK 3: RE CHARGE AND RE NEW

This retreat is a dedication to deepen your yoga practice. We comprehensively explore the different facets of yoga to embody the practice in all ways. The specialty workshops will focus on yoga philosophy, asana alignment, how to develop a home practice, as a big catalyst to take your practice to a deeper level.

### 2019 DATES

- January 6 - 12
- February 3 - 9
- March 3 - 9
- March 31 - April 6
- June 30 - July 6
- July 28 - Aug 3
- September 1 - 7
- November 3 - 9
- December 1 - 7



## WEEK 4: ALCHEMY OF THE ELEMENTS

On this retreat theme, we connect with the bhutas- the sanskrit word for elements. In yoga/Ayurveda traditions, the 5 elements are classified as earth, water, fire, air and ether and are considered the building blocks of matter. Through the classes and workshops, we will begin to experience elemental alchemy in nature as well as expressed

### 2019 DATES

- January 13 - 19
- February 10- 16
- March 10 - 16
- April 7 - 13
- July 7 - 13
- September 22 - 28
- November 10 - 16
- December 8 - 14



### Excursion: Elephant Safari

An early start to head out to Udawalawe National Park to visit the Sri Lankan wildlife - after we get into our jeep, we take a journey through the park to spot Elephants and other beautiful native animals in their natural habitat!

*\*\*All excursion is subject to change\*\**



### Excursion: Tuk Tuk Safari

A fun-filled fully inclusive "off the beaten track" adventure, showing you hidden gems that represent authentic, real and rustic Sri Lanka. Sit back, put your favourite jams on, enjoy a fresh coconut and let the lovely drivers take you to some unique local spots, all from the comfort of retro convertible tuk tuks.

*\*\*All excursion is subject to change\*\**



## ALL- INCLUSIVE RETREAT RATES

### YOGA RETREATS 6 nights – Prices are Per Person

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

	Dorm		Bungalow		Big House		Deluxe		Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
Package Price	900	1000	900	1100	1000	1300	1100	1400	1200	1500	1300	

#### High – 1st Nov – 30th April

	Dorm		Bungalow		Big House		Deluxe		Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
Package Price	1000	1100	1000	1200	1100	1400	1200	1500	1300	1600	1400	

## Getting to Talalla

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 adventure

1. BUS or TRAIN from Katunayake Train Station (Airport) to MATARA \*note only in the mornings
2. BUS Katunayake to COLOMBO then the freeway BUS to Matara  
>Tuk tuk from MATARA to Talalla Retreat (approx. 20mins + 600rps)

If you choose an airport transfer (from \$110usd one way) our driver will be at the airport arrivals hall with a sign and your name on it. **Please also ensure you get a VISA for your stay and entry into Sri Lanka.**

## Booking + Payment

Booking process and payment - two options

### Option 1 - credit card/debit card

1. Head to our accommodation booking page, <https://staahmax.staah.net/bookings/indexpackdetail?propertyId=NDM1&individual=true>
2. Select date
3. Scroll to **Yoga 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)





## 5 Day combined Talalla Yoga & Wellness Retreat

### About this retreat

We understand your time off is precious, and when travelling to a new country, (specifically one like Sri Lanka) you really want to do and see it all.

So that's why we have recently launched our **5 Day / 4 night Talalla Yoga & Wellness Retreat**; which allows you to really dive deep into your practice and gain all the benefits that our programs have to offer, but without stretching the budget or taking up too much of your holiday time.

Of course you're welcome (*and encouraged*) to enjoy the full 7 day retreats, however we don't want you to miss out on such a unique and valuable opportunity, so we want to make it work for you.

### Inclusions

To gain for the full benefits from these retreats, we invite you to start from either Sunday or Monday. Here's what's included:

- 4 x nights accommodation at Talalla Retreat*
- 3 x meals daily plus drinks (non-alcoholic)*
- 4 x Vinyasa Classes*
- 3 x Restorative / Yin Classes*
- 1/2 day local Sri Lanka excursion*
- 60 min complimentary massage*
- 2 x hr Surf Lesson*
- 2 x Pilates classes*
- 1 x Boxilates Class*
- 2 x Guided Meditation sessions*
- 30 minute private consult or 1:1 practice*
- 2 x Specialty Workshops*

## 4 nights combined Yoga & Wellness Retreat – Prices are Per Person

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

	Dorm		Bungalow		Big House		Deluxe			Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Triple	Single	Double	Single	Double
<b>Package Price</b>	750	800	750	900	850	1100	950	900	1100	950	1200	950	

### High – 1st Nov – 30th April

	Dorm		Bungalow		Big House		Deluxe			Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Triple	Single	Double	Single	Double
<b>Package Price</b>	800	850	800	950	900	1150	1000	950	1150	1000	1250	1000	

**Either book online (link on previous page) or please send us an email with your requested dates: [yoga@talallaretreat.com](mailto:yoga@talallaretreat.com)**





## Frequently Asked Questions

### **-Do I need to have experience in Yoga to come to the retreat?**

Our retreats are open for all levels of practice even if you have never practiced before. Be aware, we do yoga everyday so if you need to take a break, listen to your body as we want you to have the most enjoyable experience possible.

### **-Will you provide equipment or do I have to bring a yoga mat?**

All you have to bring is you! We have mats, and all the props for classes.

### **-Who are my retreat teachers?**

We hire experienced internationally trained teachers from around the world who rotate seasonally.

Check: <https://talallaretreat.com/yoga/yoga-interviews/> for more information about our current and upcoming teachers!

### **-I am hesitating to book as I am coming alone, is it suitable for solo travelers? Come!**

Retreats are a great opportunity to make friends! Ask us how many people we have booked on certain dates if you want to ensure a nice group energy

### **-Can I stay for 2 consecutive weeks?**

YES! If you book 2 weeks of retreat, we give you the second week for 15% off!

If you have any questions send as an email at [yoga@talallaretreat.com](mailto:yoga@talallaretreat.com)



[www.talallaretreat.com/yoga](http://www.talallaretreat.com/yoga)

