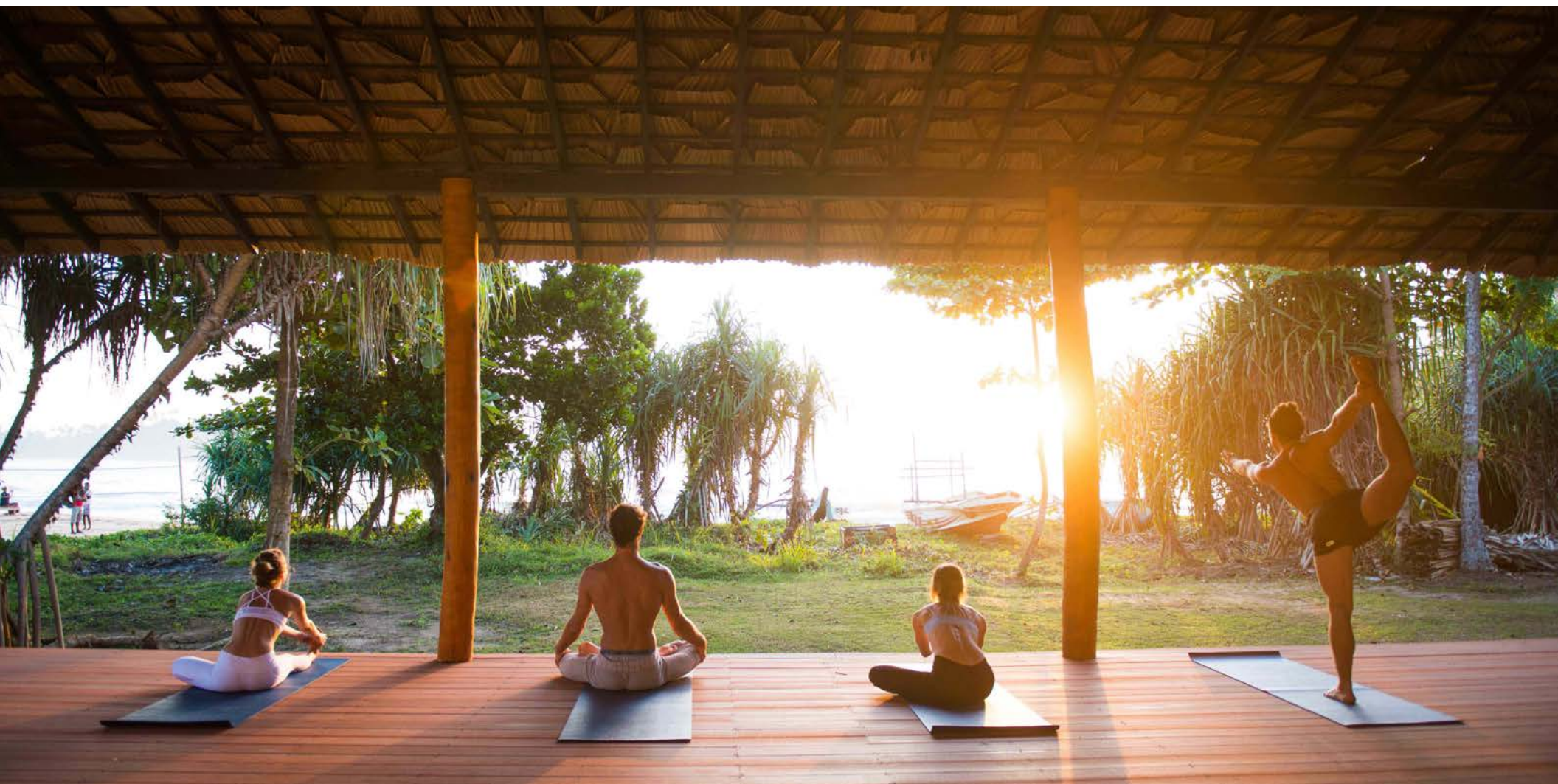




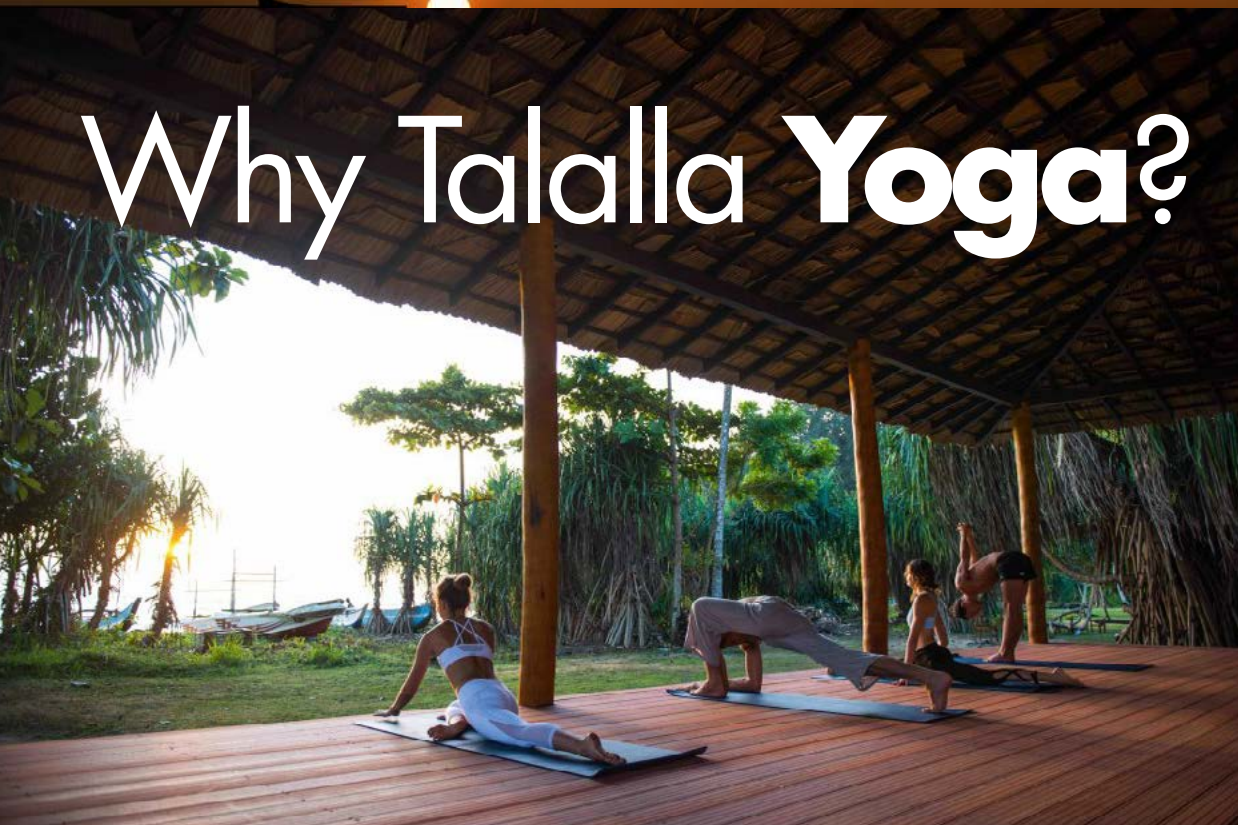
TALALLA
YOGA

DIVE DEEP INTO THE **JOURNEY OF SELF** WITH TALALLA YOGA



CHOOSE FROM ONE OF OUR 6 NIGHT OR 4 NIGHT RETREAT OPTIONS

Why Talalla Yoga?



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!



What's Included?

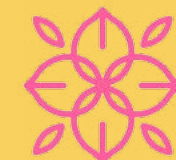
The 6 night package is PACKED with inclusions, and designed so you never have to reach for your wallet whilst you're here. Here's what's covered:

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 Tuk Tuk Safari)
- 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

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



WEEK 2: ENERGY BODY EXPLORATION

Be taken 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.



WEEK 3: RE CHARGE AND RE NEW

This retreat is a dedication to deepen your yoga practice. The specialty workshops will focus on yoga philosophy, asana alignment and develop a self practice. A big catalyst to take your practice to a deeper level.



WEEK 4: ALCHEMY OF THE ELEMENTS

Connect with the bhutas - the sanskrit Cord 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. Experience elemental alchemy in nature as well as embodied.



2019	2020
	Jan 12 - 18
Oct 27 - Nov 3	Feb 9 - 15
Nov 17 - 23	Mar 8 - 14
Dec 15 - 21	Apr 5 - 11
	Jun 14 - 20
	Aug 2 - 8
	Sept 27 - Oct 3
	Nov 8 - 14
	Dec 6 - 12

2019	2020
	Jan 19 - 25
Oct 6 - 12	Feb 16 - 22
Nov 24 - 30	Mar 15 - 21
Dec 22 - 28	Apr 12 - 18
	Jun 21 - 27
	Aug 9 - 15
	Oct 4 - 10
	Nov 15 - 21
	Dec 13 - 19

2019	2020
	Jan 26 - Feb
Sept 1 - 7	01 Feb 23 - 29
Nov 3 - 9	Mar 22 - 28
Dec 1 - 7	Apr 19 - 25
	Jul 12 - 18
	Aug 30 - Sept 5
	Oct 25 - 31
	Nov 22 - 28
	Dec 23 - 27

2019	2020
	Jan 5 - 11
Sept 22 - 28	Feb 2 - 8
Nov 10 - 16	Mar 1 - 7
Dec 8 - 14	Mar 29 - Apr 4
	Apr 26 - May 2
	Jul 19 - 25
	Sept 6 - 12
	Nov 1 - 7
	Nov 29 - Dec 5



ALL- INCLUSIVE RETREAT RATES

YOGA RETREATS 6 nights – Prices are Per Person

Standard – 1st May – 31st 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	

YOGA RETREATS 4 nights – Prices are Per Person

Standard – 1st May – 31st Oct

	Dorm		Bungalow		Big House		Deluxe		Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double	Single	Double
Package Price	750	800	750	900	850	1100	950	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	Single	Double	Single	Double
Package Price	800	850	800	950	900	1150	1000	1150	1000	1250	1000	



We're so excited to now share with you our **5 Day / 4 Night Yoga Retreat option**, designed specifically for you to offer further flexibility around your preferred timeframe and budget.

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 retreat option, which allows you to dive deep into your practice and gain all the benefits that Talalla Yoga has 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 retreat, 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.

**** 4 night options commence either Sunday or Monday**