



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 – 1st May – 31st Oct

	Dorm		Bungalow		Big House		Deluxe			Bamboo Hut		Sea View	
	Single	Double	Single	Double	Single	Double	Single	Double	Triple	Single	Double	Single	Double
Package Price	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
Package Price	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

