

*Some places we do not merely visit, we become a part of.
Places that touch your spirit, and replenish your soul.
Where time fades, and your only schedule is the turning of the tides.*

Welcome to an undiscovered paradise

Welcome to Talalla.

Talalla Retreat is a beachfront boutique resort on a pristine, white sandy beach with calm turquoise water, at the southern tip of Sri Lanka. There is something for everyone. Our retreat has a 20m lap pool, four custom built yoga pavilions, 67 rooms and 8 dom beds, [spa facilities](#) and a [gourmet open-air restaurant](#) serving the freshest healthiest meals. We grow organic vegetables for the kitchen, use quality produce and cook it to a delicious standard.

We are also the go-to destination for Health and Wellbeing. Enjoy twice daily Yoga classes, or a Pilates or Boxing class with our highly trained western teachers. Or try a Reiki treatment or private Consultation with one of our wonderful practitioners. Our open-air yoga pavilions are some of the biggest in Asia and can accommodate up to forty participants in a session.

If you're after a retreat experience, we offer four incredibly unique 6 night, 7 day packages:

[Yoga Retreat:](#) Deepen your Yoga practice in a bespoke and intimate environment with a wonderful blend of workshops and classes.

[Surf or Surf/Yoga Camp:](#) Perfect for those wanting to learn or improve their surfing. Our Surf camps is famous for its quality coaching that includes private lessons, video analysis, board hire and transport

[Wellness Retreats:](#) Our holistic approach to wellbeing, balancing the mind, body and soul that incorporates Surf, Yoga, Pilates, Mindfulness and Culture.

We invite you to indulge in this perfect paradise. The following fact sheet provides details of our rates and facilities. For further information, please visit our website www.talallaretreat.com.

Welcome to our piece of utopia.

Chathura Nirosha

General Manager
Talalla Retreat





GROUP BOOKINGS - Retreats, Training, Conferences & Workshops

Talalla Retreat offers the perfect setting to conduct a retreat, training, conference or workshop. The large Yoga Shala is set in a beautiful lush garden and coconut grove opposite the 20 meter swimming pool. The setting is relaxed and peaceful with the sounds of rolling waves and abundant birdsong. Occasionally there is the chattering of monkeys as they make their way to the forest. The studio is open air with a back wall which is ideal where wall space is needed for either yoga props or projector screen.

Group booking rates are only available from 1st April - 30th November. If you are not able to commit within this period, our direct rates apply.

To avail of great group rates you must book a minimum of 10 rooms. If the group organiser books 10 rooms or more, we offer free accommodation and food for one organiser.

*Please note the large Yoga Shala will be provided only for the groups above 15 pax. If the group is 15 or less than 15 pax, will be provided the small Yoga Shala.

Group Rates

We do offer 20% discount for the groups (from the 1st April - 30th November) from the direct rates we have given below.

We got 67 rooms among five different room categories and eight dorm beds. Ground floor rooms can be arranged as single, double, twin or triple occupancy. Upstairs rooms can be arranged for single, double or twin share.

Day Trips

The southern province of Sri Lanka is bustling with exciting activities that can be pre-organised for your retreat. The following list is an snapshot of ideas to entertain your guests:

Blowhole, turtle hatchery, elephant safari, rock temple, Galle, lighthouse, temples, Yala National Park, tea plantation, blue whale watching, nature reserves and beaches.

Yoga Shala

There is no charge for using the Talalla Yoga Shalas. It is included as part of your groups package. We provide all props including mats, blankets, blocks, straps and bolsters. Please be aware that in High season we often have several groups to accommodate during the day so we take requests on timings and then look at how to best accommodate everyone on the shala schedule :-). All four of our yoga shalas are open air. We often have several group retreats running at once so we do request a copy of your guest schedule at least a month in advance so we can check your preferred times of day with our other groups so as to ensure everyone can be accommodated in the shalas.

*The number of of students per class per shala would be:

Pool shala - 45
Beach Shala- 33-35 (tight fit)
Small shala - 15
Tall shala - 10

Dining

We have a [signature open-air restaurant](#) and meals are vegetarian based with the inclusion of chicken and fish dishes (no red meat). We have a bar onsite in the main lounge area where you and your guests can purchase juices, smoothies, fresh coconuts, barista style coffee and alcohol if they wish. Our bar staff make some lovely cocktails if you are looking for a refreshing drink or two to unwind at the end of your retreat day. These will just be charged to the individual guest rooms and they can reconcile their bill at the end of their stay. Or if you want to include smoothies as part of your package, we can add that in as an upfront cost for you. Just let me know!

Meal times are as follows:

Breakfast - 7.00am - 10.00am

Lunch - 12.00pm - 3.00pm

Dinner - 6.30pm - 9.30pm



ACCOMMODATION AND PRICES

At Talalla, we are able to offer multiple accommodation types for your stay, ranging from the 'Sea View Villas', to the luxurious poolside 'Deluxe Villas' and the fun and sociable environment of the 'Bungalow', and the budget friendly 'Dormitory' with something to fit every traveller.

All rates are quoted in \$USD. All rates are inclusive of taxes and are quoted per room, per night.

You can view our accommodation options [here](#).

*BB- Bed and Breakfast *HB- Half Board *FB-Full Board

Standard Season:
1st Feb 2022 - 14th Dec 2022

High Season:
15th Nov 2021 - 31st Jan 2022

Sea View Villas

Villas located on the ground floor feature authentic Sri Lankan furniture, fabrics and air conditioning. Located meters from the beach, the open-air pavilion of the second floor features private balcony, reading desk and ceiling fans. All villas have open air bathrooms allowing natural light and providing views of the coconut palms.

	Standard Season:			High Season:		
	Single/	Double/	Triple	Single/	Double/	Triple
Bed/B'fast	\$107	/\$135	/\$163	Bed/B'fast	\$135	/\$163 /\$191
Half Board	\$119	/\$159	/\$199	Half Board	\$147	/\$187 /\$227
Full Board	\$129	/\$179	/\$229	Full Board	\$157	/\$207 /\$257

Bamboo Huts

Our beautifully designed 'Bamboo Huts' epitomise our endeavour to remain Sri Lanka's leader in Eco-Hotel experience. Listen to the sound of waves in the distance, hear the monkeys playing in the trees and understand what being connected to nature is all about.

	Standard Season:		High Season:	
	Single /	Double	Single /	Double
Bed/B'fast	\$ 96	/\$124	Bed/B'fast	\$120 /\$148
Half Board	\$108	/\$148	Half Board	\$132 /\$172
Full Board	\$118	/\$168	Full Board	\$142 /\$192

Deluxe Villas

Talalla Retreat offers deluxe villa rooms on both ground and first floors which include open-sky bathroom and lounge area. All rooms contain a sitting area, patio or balcony, personal safe, wardrobe, ceiling fan, mosquito net, toiletries, shower and private en-suite.

	Standard Season:			High Season:		
	Single/	Double/	Triple	Single/	Double/	Triple
Bed/B'fast	\$ 84	/\$112	/\$135	Bed/B'fast	\$105	/\$133 /\$156
Half Board	\$ 96	/\$136	/\$171	Half Board	\$117	/\$157 /\$192
Full Board	\$106	/\$156	/\$201	Full Board	\$127	/\$177 /\$222

The Big House

Offering the quality of our standard rooms, but a slightly smaller square meterage, the recently refurbished Big House Studio rooms offers 8 open-sided rooms with private en-suite bathroom, balcony, sitting area and sky-view shower. Enjoy the benefits of a ceiling fan, mosquito net, and tiled bathroom. All rooms also contain a personal safe.

	Standard Season:		High Season:	
	Single /	Double	Single /	Double
Bed/B'fast	\$ 65	/\$ 93	Bed/B'fast	\$ 81 /\$109
Half Board	\$ 77	/\$117	Half Board	\$ 93 /\$133
Full Board	\$ 87	/\$137	Full Board	\$103 /\$153

Bungalow

The beautifully set rooms in a traditional Sri Lankan styled Bungalow is for a more budget traveler who is still after private accommodation. The Bungalow includes a common living area and front balcony with shared bathrooms.

	Standard Season:		High Season:	
	Single /	Double	Single /	Double
Bed/B'fast	\$ 54	/\$ 77	Bed/B'fast	\$ 66 / \$ 89
Half Board	\$ 66	/\$ 101	Half Board	\$ 78 /\$113
Full Board	\$ 76	/\$121	Full Board	\$ 88 /\$133

Dorm

The Dorm is the perfect place to hang out in between your Surf & Yoga Sessions. With direct access to the beautiful Talalla grounds and pool on your doorstep this is as good as budget traveling gets.

	Standard Season:		High Season:	
	Single		Single	
Bed/B'fast	\$ 38		Bed/B'fast	\$ 47
Half Board	\$ 50		Half Board	\$ 59
Full Board	\$ 60		Full Board	\$ 69



ADDITIONAL INFO

Airport Transfers

We do also offer airport transfers to keep your visit as hassle-free as possible. The transfers from Colombo airport take 3 hours and are in an air-conditioned van, priced at \$100 - \$125 USD one way (payable in cash to the driver in local Sri Lankan rupee or in USD).

Cancellation policy: Group Booking

A deposit of 20% of the total cost of rooms booked for the duration of the course is due at the time of booking. If the course is cancelled over 3 months prior to the commencement of the course, a full refund of the deposit will be given. If it is cancelled within the 3 months leading up to the course, no refund of the deposit will be given, but can be used within 12 months.

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 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 as it can take a few working days to process! Ideally print out a copy of the approval email, but a screenshot on your phone is also an easy back to pull out when you arrive in Sri Lanka.

Christmas Eve & New Years Eve at Talalla Retreat

Just to let you know as well that if you book the night of the 25th or the 31st of December, our Christmas and New Year's Eve reservations will carry a mandatory and non-negotiable surcharge for all guests. The surcharge is \$65 USD pp (Adults) and \$45pp (Children) for each of those nights as the resort is offering a special buffet dinner for the festivities. Please check whether this is happening in the period you book.

KEEN TO JOIN US?

We would love for you to join us and are happy to confirm our availability with you once we know your preferred dates.

Please note that we do require a 20% deposit to secure the rooms within one month of issuing the invoice.

Our busiest time of year is December - March so we do encourage you to book ASAP as your preferred accommodation may book out after this email has been sent.

Want to book?

1. Send us an email with your selected room types and quantities and we will block accordingly for you
2. You are welcome to make changes to your booking after the deposit is paid, based on availability
3. We are happy to provide Marketing images for promotional purposes.

Contacting us

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

groups@talallaretreat.com

You can call us at Talalla on:

t: +94 41 22 59171

