

Sri Lanka

YOGA RETREAT



Come with us to the beautiful island of Sri Lanka this winter.

Rukgala Retreat center is located near Kandy and next to the Victoria Lake - the perfect place to get in touch with yourself, relax, heal and let go of everything unnecessary.

It is by venturing through body, mind and spirit and discovering strength and righteous intuition within ourselves that we allow ourselves to master the art of "letting go".

Jana and Stephane will guide you through this self-liberating journey, teaching not only on the yoga mat, but including the power of meditation, mantra and scriptures.

After daily morning Yoga classes, relax around the pool, get massage treatments or go on an excursion (every other day). In the afternoon we will gather for workshops, yin yoga and relaxation techniques.

Meals:

You have the choice of three set menus (vegan, vegetarian or flexitarian). Please choose on your application form which one you prefer for the time of your stay. In the attached pdf you will find detailed information on the menu options.

If you have any allergies or intolerances please let us know via the application form.

Accommodation

There are triple, double and single rooms available at different costs.



Main House Double and Twin Bedrooms

Three large double/twin bedrooms line the Main House - sitting on top of the rock that puts the 'Gala' in Rukgala. Beds might have different sizes, and very comfortable mattresses. Enjoy the views over the pool, trees and lake beyond.

Bathrooms open onto the private terrace with similarly great views.



Garden Cottage Double (2 people) and Twin Bedrooms (3 people)

Just down from the Main House, the Garden Cottage has four bedrooms - two set up as doubles (with Queen-size beds) and two as twins (with large single beds). Each room has a cute mezzanine level with extra single bed. Bathrooms a little larger, each with stand-alone claw-foot tubs.



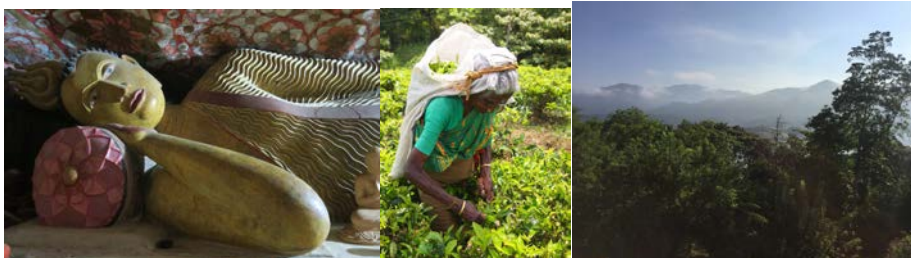
Shared Room (4 people)

At the end of the Main House is a great big room ideal for friends or small groups happy to share. The room has four large single beds - two four-posters and two standard beds.

The room has a lovely little private garden/sun-spot.

Explore Sri Lanka during the retreat

Dip into the natural beauty and cultural variety for an authentically Sri Lankan experience. Rukgala sits wonderfully close to lesser-known temples, lush green tea estates, the untouched mountains of The Knuckles and secluded villages that dot the shores of the Victoria Lake.



Explore with us the really beautiful, small meditation caves of Bambaragala, incredibly and intricately painted several hundred years ago. Visit the Ashburnham Tea Estate with a guided tour of the fields to see and understand the process of planting and picking and plunge under the waterfalls after a morning in the fields. We 'd love to take you on one of the incredible hikes of the Knuckle mountains- a National Park, well protected against development with a yoga /meditation session on the trek.

If you are still thirsty for more adventures there are possibilities to go catamaran fishing; kayaking, or to take a tuktuk to explore Kandy and the temple of the tooth.

The Teachers:

Jana and Stephane are both experienced Yoga teachers having each an individual approach to spirituality, asana and healing.



Jana: Being born in Sri Lanka the occasion of teaching in the heart of this beautiful island is very special. Jana has been practicing Yoga for about 17 years and teaches traditional Hatha Yoga, Ashtanga Yoga and Yin Yoga. For the retreat you will not only benefit from her great knowledge and experience around asana, pranayama, deep relaxation and meditation, but also on Ayurveda, Naturopathy, massage techniques, sound healing and Partner/Acroyoga.

Stephane: Stephane teaches Yoga in London. His background in martial Arts and Buddhism have led him to recognize the powerful healing and transformative virtues of yoga. His teaching is strongly influenced by the work of Baron Baptiste, Ana Forrest, Dylan Ayaloo, Jambo Truong and David Sye.

Useful Information

Visa:

In order to travel to Sri Lanka you need to get an ETA (electronic travel authorization) beforehand. Please apply directly online for the visa on www.eta.gov.lk for a 30 day to 6 months permission of stay. Costs are 35\$US - 40\$US.

How to get to Rukgala:

Fly in/out of Bandaranaike International Airport, the main airport in Colombo.

Direct flights are available from Switzerland and Great Britain. For all other European countries there is a stop-over in one of the Arabian airports.

Transportation to/from the airport to the Retreat center can be arranged.

The pick up costs are 120\$US one way, but can be shared if other guests arrive at the same time. Once we have your arrival times we will try to group up the shuttles.

If you are travelling in Sri Lanka before the retreat starts you need to get to Kandy (train/bus/flight- all running regularly) and then take a tuktuk (~20 Euros) to come to Rukgala.

Travel and health insurance:

Please make sure you are sufficiently covered by a (additional) health insurance (usually health and travel cancellation insurances can be booked at the time of flight booking).

Terms and Conditions:

Cancellation by organisers: The minimum requirement of participants for the retreat is ten (10) people. We reserve the right to cancel the retreat if the requirement is not met 70 days before the beginning of the retreat. In case of cancellation, a full refund of the payment will be provided.

Cancellation by the participant: **The 700 Euros deposit is non-refundable.** If the participant needs to cancel 90 days prior to the retreat starting, we will provide full refund minus non-refundable deposit.

*For group booking of more than two (2) people, and any special accommodation arrangements, please contact us directly via email at gayaniyoga@gmail.com

Reservation:

Please fill in the application form and send it back via email. With the deposit of 700 Euros your reservation is confirmed.

Pricing:

Early bird - when you pay the full balance before October 15th 2018.

Shared room (3-4 people): 1350 Euros – 6 slots available

Twin room: 1500 Euros – 10 slots available

Single room: 1800 Euros - 2 slots available

Normal pricing

Shared room: 1450 Euros – 6 slots available

Twin room: 1600 Euros – 10 slots available

Single room: 1900 Euros – 2 slots available



DATE : 24/02- 04/03/2019

PRICE : from 1350 Euros

INCLUDED:

- All Yoga classes and workshops
- Daily meditation, pranayama+ kirtan
- Swimming pool access.
- Accommodation
- Meals (vegetarian and vegan options)
- Free Kayak (2 available) on Victoria Lake
- Excursions: Knuckles mountains trek, Ashburnham tea estates, Bambaragala meditation caves

Not included:

- *Airlines
- *Airport shuttle,
- *Massages, private yoga lesson
- *Individual excursions and transportation

More information on www.gayani-yoga.com