

# Ashtanga Lanka

## MYSORE STYLE INSTRUCTION IN SRI LANKA

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Come with us to the beautiful island of Sri Lanka. Deepen your Mysore practice and be part of a wonderful yoga community.

Our retreat center "*The Breath House*" is on the south coast and 100 meters from picturesque Hiriketiya Bay. This area is the perfect place to rest, recharge, and let go. At **Ashtanga Lanka** you will find a nourishing, supportive and friendly atmosphere.

Our schedule includes many offerings to support your growth and transformation on the yoga path. These include Mysore practice, daily meditation, Pranayama, Yin Yoga, AcroYoga, Kirtan, afternoon clinics to expand your knowledge of the Ashtanga Yoga method and Yoga philosophy.

We are excited to share this journey with you on and off the mat. Connecting with Yogis from around the world, sharing meals and experiencing the beauty of Sri Lanka makes **Ashtanga Lanka** feel like a "*home away from home.*"

This is YOUR yoga holiday and you'll have plenty of time to relax on the beach, go surfing, enjoy Ayurvedic massage treatments, visit cultural sites, tour national parks, take cooking classes and have an authentic Sri Lankan experience.

Sri Lanka is a magical country and we look forward to welcoming you.

With Metta,

Jana & Jacob



DATE : 20/12/2020- 15/03/2021  
PRICE : from 295 Euros for 7 nights

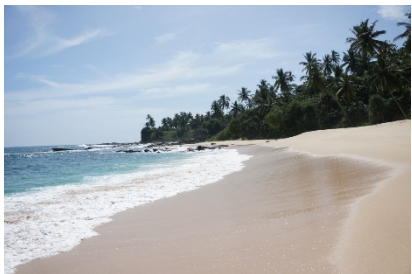
If you are new to the Mysore method we recommend two weeks. The longer you stay the more you learn AND the more affordable it becomes.

Double, Single and Dorm rooms available.



### INCLUDED:

- Morning yoga practice 6 days a week. (rest on moon days) Three afternoon clinics per week to support your practice.
- Accommodation plus a delicious brunch at 10:30AM. You will not be hungry afterwards.
- Offerings include: meditation, Pranayama, AcroYoga, Slack-lining, Yin Yoga, Kirtan, Yoga Philosophy & more
- WiFi, filtered water, and full use of the venue.
- A good time.



### NOT INCLUDED:

- Lunch & dinner. We will frequently organize community dinners and you can pay as you go. There are also many delicious restaurants within walking distance of our venue.
- Airfare to Sri Lanka and transportation from the airport. We can arrange a taxi pick-up for you.
- Ayurvedic massage, healing treatments and private yoga lessons
- Surf board rental, excursions around the island and day trips



## The Teachers:

Jana and Jacob are both experienced Yoga teachers who bring thoughtful, creative, and unique offerings to *Ashtanga Lanka*. Their approaches to Asana, Yoga philosophy, Spirituality and Healing will hopefully inspire you and help you deepen your own knowledge and practices.



### Jana Wettich:

Teaching on this beautiful island is very special for Jana. She was born in Sri Lanka but raised in Germany since she was a baby. Jana has been practicing Yoga for 20+ years and teaching for the past ten years around Europe. In addition to Jana's wide range of knowledge and experience with asana, pranayama, and meditation, you will also benefit from her understanding of Ayurveda, Naturopathy, Sound Healing, Philosophy and leading Kirtan.



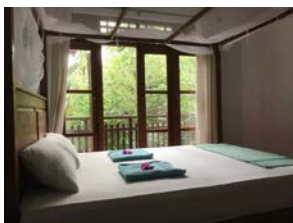
### Jacob Handwerker:

Jacob brings a playful, compassionate and light-hearted approach to all his offerings. His Ashtanga teaching is mainly inspired by his teacher Kathy Cooper, but also time spent with Richard Freeman and Mary Taylor. Since 2007 Jacob has traveled to Sri Lanka each year to be part of *Ashtanga Lanka*. Jacob is also a certified Acroyoga Immersion teacher and loves bringing more play and fun into the day. Look for him on a slackline or upside down during the day.

## Meals:

We serve homemade Sri Lankan vegetarian meals. On days with morning yoga practice we offer a big brunch at 10:30 AM. Filtered water and tea is available 24 hours a day. Lunch and dinner is not included but some days we will arrange to have community meals. These can be paid for separately.

If you have any food allergies or other intolerances please let us know on the online application form.



## Accommodation

We offer a choice of dorm, double and single rooms. Double and Twin rooms can also be rented as a "Single" private room. Please see the website for all prices and details.

- Double Room (Upstairs)
  - These rooms will help you feel right at home. One large bed with a "box-frame" mosquito net.
  - Private bathroom that has an indoor/outdoor design. You can see the trees and monkeys while you shower.
  - These rooms are perfect for a couple.. Each room also has a balcony.

- Twin Room (Upstairs)
  - These rooms are perfect if you're traveling with a friend, or willing to share with a fellow Yogi. We will do our best to match you with someone of the same gender.
  - These rooms have two separate beds with mosquito nets. They also have a balcony.
  - Private bathroom that has an indoor/outdoor design. You can see the trees and monkeys while you shower.
- Double and Twin Rooms (Downstairs)
  - If you're looking to save a little money and willing to share a bathroom these rooms are perfect.
  - These two rooms share a bathroom in the hallway.
- Dorm Room (Downstairs)
  - Perfect for those on a budget. Up to four people in one shared room.
  - Attached bathroom and showers for the dorm room.
  - Mosquito nets provided.

## Explore Sri Lanka during the retreat:



Would you like to have an authentic Sri Lanka experience on your holiday? **Ashtanga Lanka** is close to well-known temples, beautiful beaches, national parks, and good surf spots. In addition to the Yoga you can experience the natural and cultural beauty of this special island.

Explore the ancient **Mulkirigala Rock Temple** with beautiful views from the summit, the closeby "**Big Buddha**" Temple, or visit one of the holiest sites on the island, sacred to Buddhist, Hindus and Muslims: **Kataragama Temple**.

Wildlife-lovers can enjoy a safari trip to Yala, Sinharaja, or Udawalawa National Parks. Whale watching tours depart nearby, and you can kayak in a lagoon for bird and wildlife watching. The world's 2<sup>nd</sup> largest "blow-hole" is 15 minutes away. On a stormy day see it explode!

If you're a surfer you can surf directly in front of our retreat center. There is a beach break for beginners and a left break at the point for those more experienced.

How about wandering through a 16<sup>th</sup> century Portugese fort? Galle Fort is a UNESCO World Heritage Site and makes for a great day trip by train. While you are there you can have the best Gelato in the country. All homemade and many flavors are vegan using coconut milk.

## Useful Information before you travel:

### Visa:

In order to travel to Sri Lanka you need to get an ETA (electronic travel authorization) beforehand. Please apply directly online for the 30 day visa on [www.eta.gov.lk](http://www.eta.gov.lk). Costs vary depending on nationality but should be less than \$40.

If you plan to stay longer than 30 days it is possible to extend your visa while in the country. If you can inquire at your local Sri Lanka Consulate you may be able to get a longer visa before departing. The max stay is 6 months.

Always be sure to say that you are TOURIST and on holiday. Do not mention that you are studying Yoga or going to be a student. This can cause you problems in the application process.

## How to get to Ashtanga Lanka:

Fly in/out of Bandaranaike International Airport (code: CMB), the main airport 30 km north of Colombo city center.

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.

We can arrange transportation for you upon arrival. A driver will pick you up inside the airport and take you directly to us. Cost varies each year so check back closer to your arrival. If other guests are arriving at the same time we can pair you up to share a vehicle.

If you are already in Sri Lanka, find your way to Dikwella town and the Hiriketiya beach area. Public buses are easy to use and very affordable. The coastal train also stops near Dikwella. Be aware the train station name is **Wewurukannala**. From the train station it's 10 minutes to us by tuk-tuk.

For train schedules click here: <https://eservices.railway.gov.lk/schedule>

## Travel and health insurance:

Please make sure you are sufficiently covered by a reputable Travel Insurance policy. Unexpected accidents happen and it's better to plan ahead than get a huge medical or evacuation bill later.

Many companies require you to get coverage before your departure. World Nomads is useful because you can apply for coverage while travelling. (<https://www.worldnomads.com>)

## Terms and Conditions:

In order to reserve your space we ask for a **non-refundable** 150 Euro deposit per person.

- For group bookings or for any special accommodation needs please email [yoga@ashtangalanka.com](mailto:yoga@ashtangalanka.com)

## Reservation:

Please use our online form to make a reservation. The booking is confirmed when we receive your **non-refundable** 150 Euros deposit.

## **Pricing:**

(Includes accommodation, Yoga fee, brunch and filtered water)

- Mixed dormitory (4 persons): 295 Euros – per person/ per week
- Double/twin room upstairs: Euros 350 per person/ per week
- Double/Twin room downstairs: 330 Euros – per person/ per week
- Single room upstairs/ downstairs: 500 Euros/ 400 Euros – per person/ per week

*More information on [www.ashtangalanka.com](http://www.ashtangalanka.com)*