



CEYLON
YOGA

Presents Sri Lankan
Wisdom, Health,
Luxury & Rejuvenation

7 Day All-Inclusive YOGA RETREATS

ceylonyoga.com

Experience the magic of Sri Lanka in all its glory.

A 7 day Ceylon Yoga retreat will whisk you into a beautiful, other worldly riverside Ayurvedic resort where peace and nature are in abundance.

How will you feel when you wake up in a warm, tropical garden filled with hundreds of herbs and incredible wildlife? Start each day with a relaxing swim in the pool, energising yoga classes and a nourishing organic breakfast by the river (the best ceylon tea and fruit juices included!)

From massages to detoxes, you'll get to indulge up to 2 Aurvedic treatments a day...in between river trips, visits to local temples and beaches plus just relaxing at our luxurious resort.

**\$250 DISCOUNT
AVAILABLE!**

We believe that an all inclusive retreat should be something rather special, and offer EVERYTHING you need for a holiday to remember for a lifetime.

Your Ceylon Yoga journey will begin when you land in Colombo airport. Our airport transfer service will meet you inside the airport, and deliver right to your bungalow on the resort in just 1.5 hours!

Whatever your experience of yoga may be, one of our instructors will be able to provide just the level of intensity you need. By the river in the sun, or in the cool shade, our yoga classes will impress and energise...but are only the start of what you will experience on your retreat.



**BE INSPIRED,
UPLIFTED &
ENERGISED...**

...and relax.



This Is What Your Retreat Will Look Like...



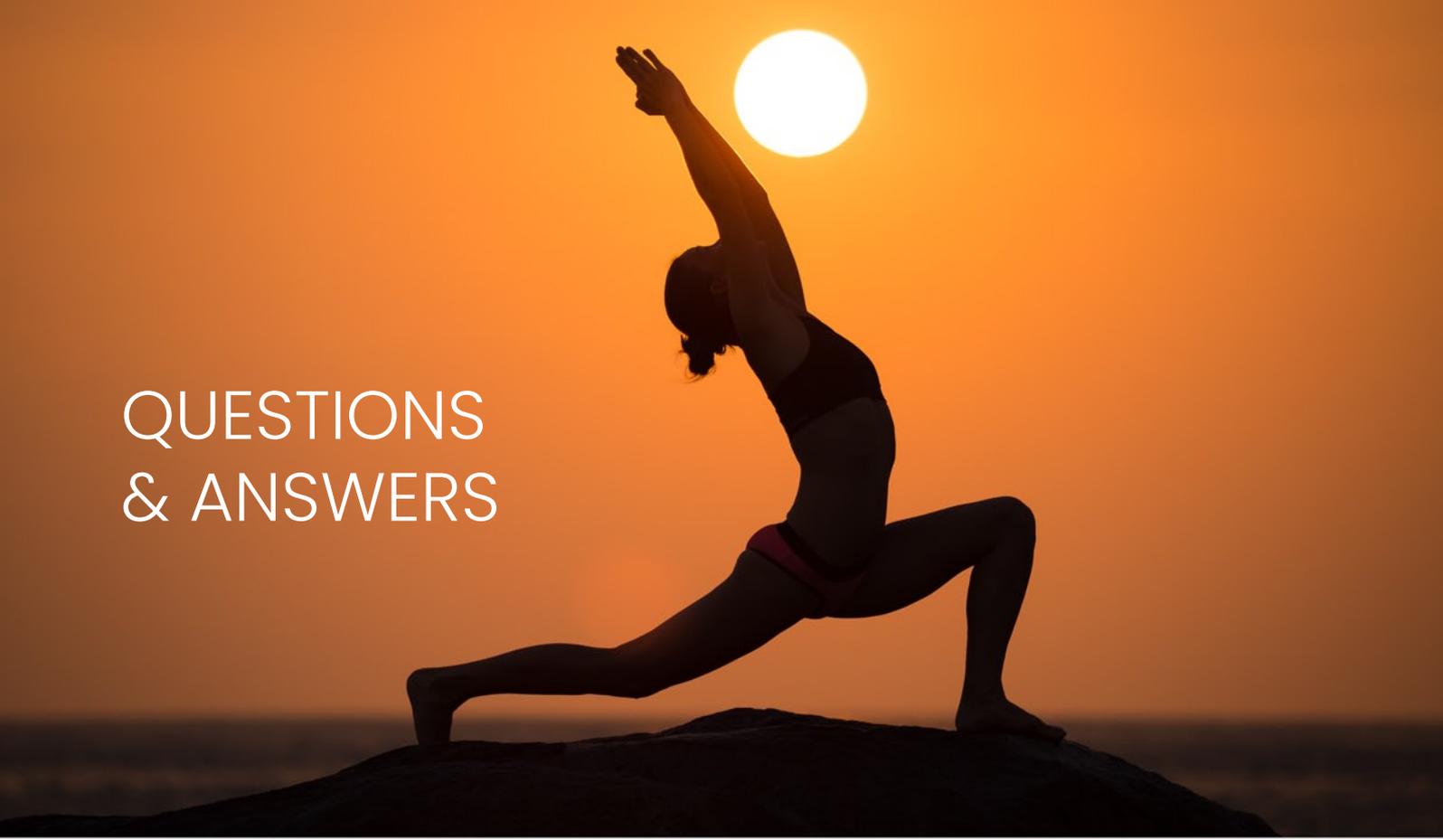
All Classes & Excursions Included



Plus 2 Treatments & 3 Meals a Day!



Be Quick - Only 18 Spaces Per Retreat



QUESTIONS & ANSWERS

Q. Will I need to spend any money on the retreat?

A. No! You can of course browse the local shops for wonderful local clothes, fabrics, oils, teas, gems and spices. Bring cash in your currency to exchange here, plus a free Mastercard like Revolut for fee-free card purchases. This is only optional as all food, classes, treatments and trips are included! We also sell organic Ayurvedic medicine if required.

Q. What will the weather be like?

A. The temperature will average high 20s to low 30s during the day and mid 20s at night. Most days you will see plenty of sun, along with some rain and thunder (usually late afternoon / evening / night). You won't need woolly jumpers, but do bring UV protection as the sun is hot!

Q. Is it a natural environment?

A. Incredibly! You will see many animals from monkeys, fireflies, lizards, lots of different types of birds and maybe the occasional mongoose. We have hundreds of herbs in our garden, plus a serene pond area where you can embrace the silence and magic of nature fully. You will also have life-long memories of eating amazing local food right on the river!

Book Your Space Today

14 Day Retreats Also Available

Remember - this is more than just a yoga retreat! Choose from 22 treatments, each tailored for your needs, including ancient Ayurvedic therapies which have been used for thousands of years.

Bring your partner, friends, colleagues, a large group, or come alone to experience the magic of Ceylon Yoga with many other likeminded people.

Be quick - click below to secure one of just 18 spaces available for each retreat!

[Book Now](#)