



EXCLUSIVE YOGA RETREAT TO SRI LANKA 2018

*Welcome to Exclusive yoga Retreat to Weligama Bay Resort west coast of Sri Lanka 4th of Jan to 14th of Jan 2018!!*

Join this amazing Yoga retreat and experience the real spirit of Sri Lanka. Treat yourself with love and respect. Re-energizing your body, revitalizing your mind and relaxing your soul with Hatha yoga, meditation, pranayama, beach life and relaxing time in the heart of Sri Lanka..

Revive yourself on this 10 days exclusive yoga retreat to Weligama Bay Resort & west coast of Sri Lanka . Enjoy the spirit of Sri Lanka culture and improve and refine your yoga practice with several daily yoga sessions with our highly skilled yoga instructor Vishnu Syamlal to rejuvenate your mind, body, and soul..

This Yoga Retreat is suitable for any level of experience. Either you have a regular established practice, or just recently begun to experience the benefits of yoga. These 10 days will give you the opportunity to fully immerse yourself into the deepening of your practice and touch upon an authentic experience of yoga..





## ABOUT THE YOGA RETREAT:

**To calm the mind and body, we start every morning with a sunrise -pranayama and meditation on the beautiful Weligama beach, followed by a classical Hatha Yoga.**

**In the morning class we will use a combination of Asanas, Pranayama, Meditation, Yoganidra, Mantra Chanting to learn how to become more present and more flexible... Every evening we start with Surya namaskar, good before starting asana class. After surya namaskar we will move into deep Asana class and pranayama..**

**We offer 3 hours Yoga class every day, 1,5 hours in the morning and 1.5 hours in the evening - in Total 30 hours yoga classes in 10 days, 10 days accommodation with breakfast included and pick up from airport and drop off. It will be plenty of time for swimming, beach, shopping, and excursions, It is also possible to book additional private yoga classes and Ayurvedic treatments, such as massages (Options at your own cost not included in the price;)**

## **ABOUT SRI LANKA**

**Sri Lanka (formerly known as Ceylon) is a tropical island lying close to the southern tip of India and near the Equator. From the coast, the land rises to a central plateau, where tea plantations are found. Sinhalese form the country's major ethnic group (74 percent) and Tamils are the largest minority, at 18 percent. Population density is highest in the island's southwest corner—where Colombo, the capital, is located. The Tamil minority tends to be geographically concentrated along the eastern and northern coastal areas.**

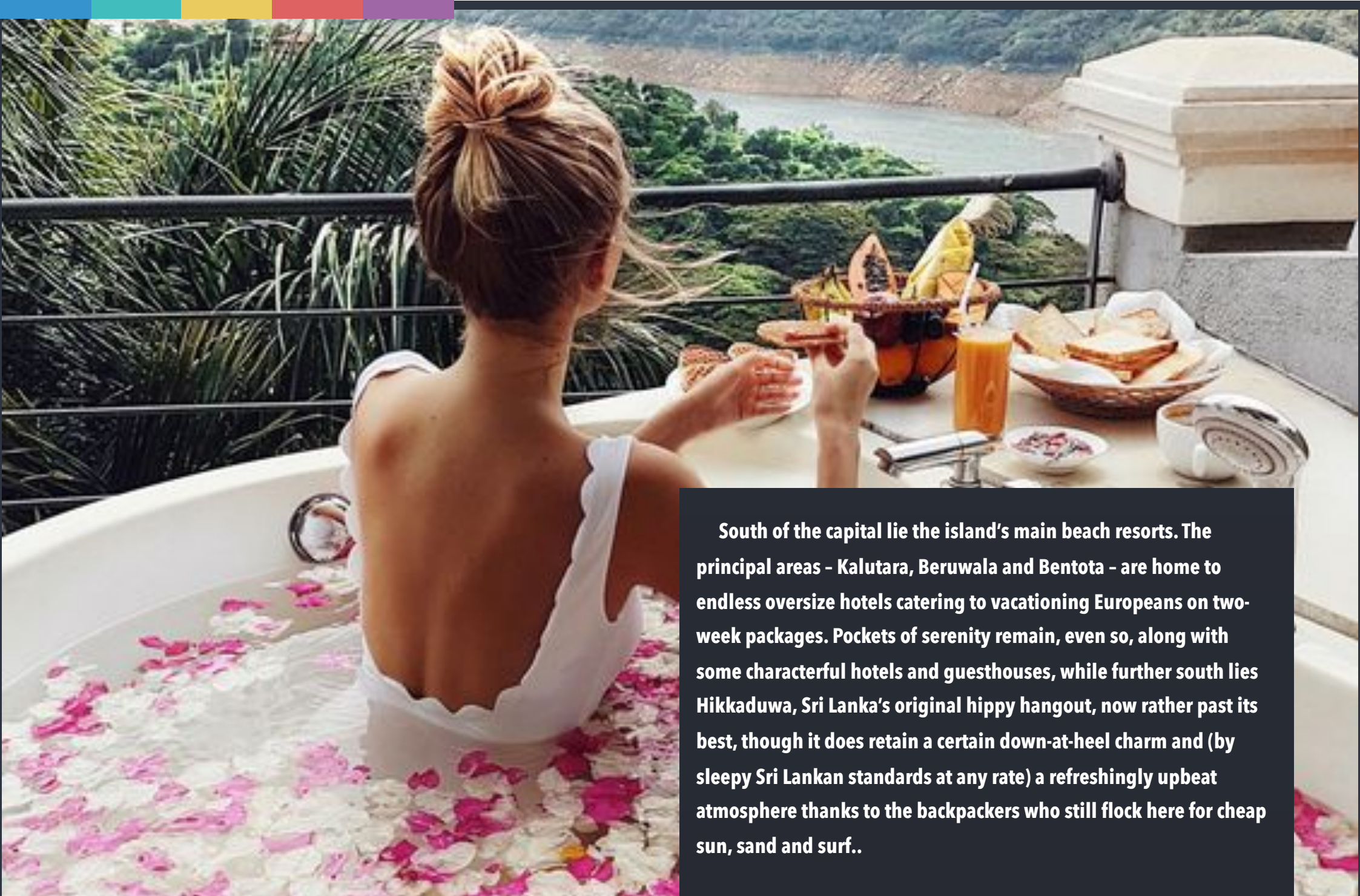
**Under European control for some 450 years, Ceylon won independence from the United Kingdom in 1948 and changed its name in 1972. Since then a segment of the Tamil Hindu minority has pressured the Sinhalese Buddhist majority for a separate state. Conflict broke out in 1983 and escalated to civil war. Violence continued after the assassination of President Premadasa in 1993 by Tamil separatists. Thousands of lives have been lost. Hundreds of thousands of Tamil civilians have fled Sri Lanka. The civil war has had a negative impact on economic growth, which is based largely on tea and garment manufacture...**

### **About Sri Lanka's west coast:**

**Sri Lanka's west coast is the island's front door and - via the international airport at Katunayake just outside Colombo - the point of arrival for all visitors to the country (at least pending the opening of the new international terminal at Hambantota). This is Sri Lanka at its most developed and populous: the busiest, brashest and most Westernized region in the country, home to the capital city and the principal coastal resorts, which have now all but fused into an unbroken ribbon of concrete which meanders along the seaboard for over a hundred kilometres..**

**Situated about two-thirds of the way down the west coast, Sri Lanka's sprawling capital, Colombo, is usually low on visitors' list of priorities, although beneath the unprepossessing surface lies an intriguing and characterful city which offers a fascinating microcosm of contemporary Sri Lanka. North of Colombo is the busy resort of Negombo, whose proximity to the airport makes it a popular first or last stop on many itineraries, while further up the coast is the idyllic Kalpitiya peninsula, with deserted beaches and superb dolphin-watching, and - a short drive inland - the vast Wilpattu National Park, now slowly regaining its former glory after decades of upheaval during the civil war..**





South of the capital lie the island's main beach resorts. The principal areas - Kalutara, Beruwala and Bentota - are home to endless oversize hotels catering to vacationing Europeans on two-week packages. Pockets of serenity remain, even so, along with some characterful hotels and guesthouses, while further south lies Hikkaduwa, Sri Lanka's original hippy hangout, now rather past its best, though it does retain a certain down-at-heel charm and (by sleepy Sri Lankan standards at any rate) a refreshingly upbeat atmosphere thanks to the backpackers who still flock here for cheap sun, sand and surf..



## About Weligama West Coast

**Weligama is situated at the southern corner of Sri Lanka, about 15 miles (24) Km from the historic city of Galle. Just half an hour's drive from Galle, along majestic coconut groves, brings you to the breathtakingly beautiful Weligama Bay. It is no wonder that the famous German scientist philosopher Ernst Haeckel who in 1882 set up a marine zoological laboratory in Weligama called this secluded haven "Bella Gemma" the lovely gem and the pearl of Taprobane (another name for Sri Lanka)!**

**Twenty-three kilometres east of Unawatuna, the sleepy fishing town of WELIGAMA ("Sandy Village") meanders around a broad and beautiful bay, dotted with rocky outcrops and fringed with fine golden sand. It's an attractive spot, though one which has never really caught on with foreign tourists - although this may change with the forthcoming arrival of the vast new Courtyard by Marriott hotel, rising (at the time of writing) like an enormous concrete bomb site on the beach just west of town. For now, however, things remain pretty somnolent and there's not much to do other than stare at the sea - which may be exactly what you're after..**

**Weligama itself is surprisingly attractive as Sri Lankan towns go: quiet and relatively traffic-free, its modest commercial centre trailing off into lush streets of pretty gingerbread villas decorated with ornate mal lali wooden fretwork, while along the well-tended seafront road ladies sit out in front of their houses hunched over pieces of lace, a local speciality since Dutch times.**



### **About Weligama Bay Resort**

**Hotel was opened in November 2008 in the middle of the unspoilt nature on a sandy beach. Weligama Bay Resort lies on the southern tip of the island in the middle of the Weligama Bay. It is situated between Matara and Galle, 143 km from capital city Colombo and 170km from Bandaranaike International Airport. Thanks to the newly opened section of highway, the journey lasts about 2,5 hour from the airport . It is a beautiful place with near off shore islet known as Taprobane where a dream house of French Count de Maunay was built on and where later on famous writer Arthur C.Clark made his home...**

**Long, clean and safe beach attracts visitors who are searching for a relaxing vacation and also for surfers who loves Weligama Bay. But it is also a perfect starting point for exploration of nearby attractions. Weligama Bay Resort is a small luxury resort with a perfect service for individuals or small groups, a perfect place for fulfilling all your high expectations of a tropical holiday..**

**We are pleased and ready to offer you the following concept: boutique accomodation in five room categories either in the main building or in the garden. location directly on the beach local fresh high quality food relaxation either on the beach or in the pool with jacuzzi for 6 people wellness experience of ayurveda massages..**



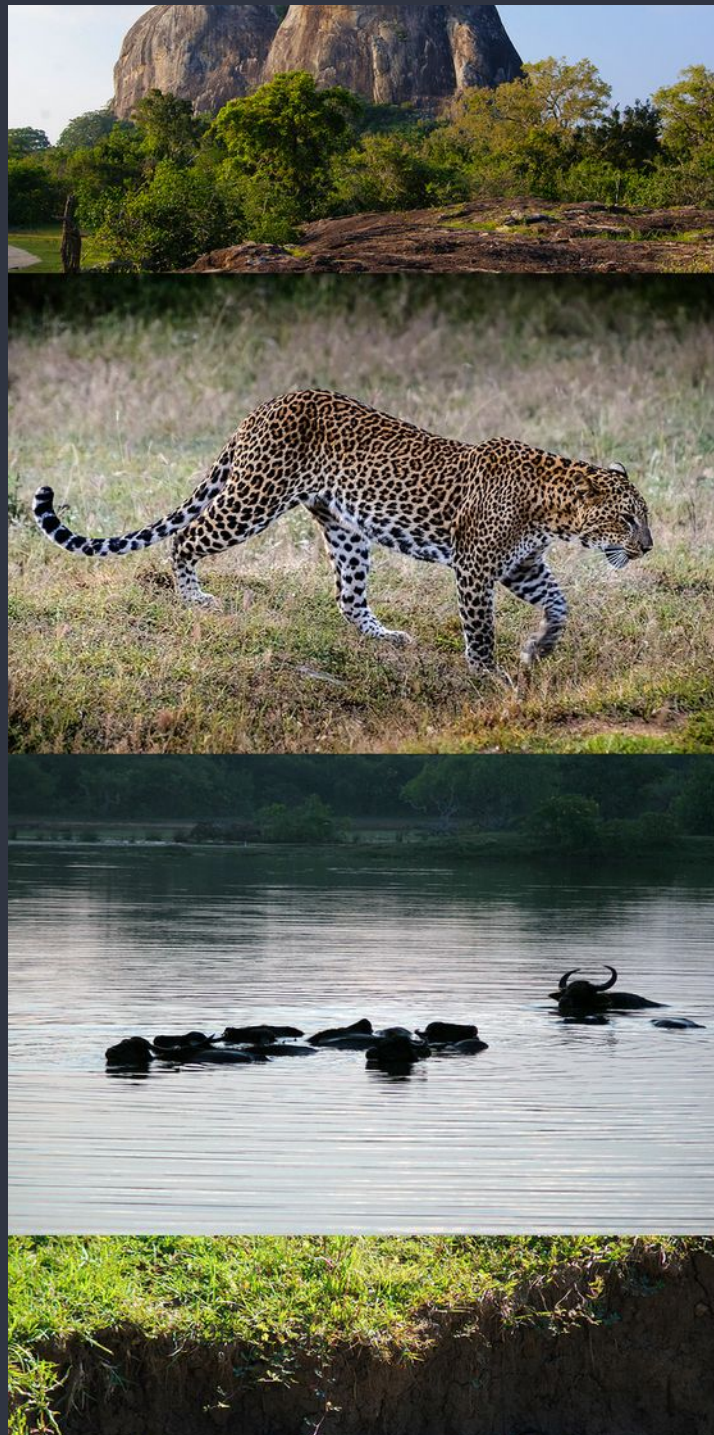


## **ACTIVITIES BOOK YOUR OWN SELF:**

**Yala National Park: Distance from Hotel: 144km**

**With trumpeting elephants, monkeys crashing through the trees, peacocks in their finest frocks and cunning leopards sliding like shadows through the undergrowth, Yala National Park is The Jungle Book brought to glorious life.**

**This vast region of dry woodland and open patches of grasslands is the big draw of this corner of Sri Lanka, and though it is far from Kenya, a safari here is well worth all the time, effort and cost. Yala National Park is the largest national park of Sri Lanka and is located at the south east edge of the island. The extent of the National Park is 97,880 hectares. Water buffaloes, wild boar, spotted deer, sambar, monkey, crocodile, elephant, peacock and golden jackal are some of the species which can be seen abundantly**



## **UDAWALAWE NATIONAL PARK:**

**Distance from Hotel: 112 km:**

***With herds of elephants, wild buffalo and sambar deer, Uda Walawe is the Sri Lankan national park that best rivals the savannah reserves of Africa. The park's 30,281 hectares centre on the large Uda Walawe Reservoir..***

***Fed by the Walawe River. Uda Walawe is one of the best places in Sri Lanka to see elephants. There are about 500 in the park in herds of up to 50. Besides that there are also mongooses, bandicoots, foxes, water monitor lizards, crocodiles and sloth bears. There are 30 varieties of snakes and a wealth of birdlife..***





### **Sinharaja Rain Forest:Distance from Hotel: 74km:**

Unesco World Heritage Site Sinharaja is the last major undisturbed area of rainforest in Sri Lanka. The reserve comprises 18,899 hectares of natural and modified forest, measuring about 21 km east to west and 3,7 km north to south. Sinharaja has a wild profusion of flora. The canopy trees reach heights of up to 45m, with the next layer down topping 30m. There are almost 130 types of endemic trees and woody climbers. As for fauna, sambar, barking deer, wild boar, purple-faced langurs and squirrels are fairly common. Sinharaja also has 45 species of reptiles and 160 species of birds. Sinharaja has leeches in abundance, therefore make sure you wear long trousers, long socks and trekking shoes (sneakers); repellent sprayed on trousers and shoes will also help...

### **Galle & Unawatuna:Distance from Hotel: 35km**

Sri Lanka's fourth-biggest town with its Unesco protected Fort is a place of colour, texture and sensation totally unlike anywhere else in Sri Lanka. With Dutch-colonial buildings, little boutique shops, cafes and hotels, you will feel like walking through a medieval European town placed on a tropical shore. Just 3km from Galle, you can explore the beautiful beach of Unawatuna with its fine golden sand and moonstone blue water. Unawatuna is a popular resort with many beach restaurants, guest houses and souvenir shops. On the way from Weligama, we recommend visiting a small turtle farm and taking pictures of famous Weligama stilt fishermen.

### **Whales & Dolphins watching:Distance from Hotel: 11km**

You will leave early morning Mirissa harbour, which is the closest point to where blue whales are inhabited because it has appropriate environmental conditions to live these giants. In a season time (from November to April) you may see five kinds of whales (blue whale, bryde's whale, sperm whale, killer whale, pilot whale ) and four kinds of dolphins (spinner dolphin, bottle nose dolphin, stripped dolphin, Risso's dolphin) in Mirissa...



**Accommodation at Weligama Bay Resort**

**Superior Room:**

**40 sqm/430 sqft large double room with king size bed featuring 25 cm high mattress individually split remote controlled air conditioning a ceiling fan for natural ventilation Roman blinds electronic safe LCD flat panel HDTV, CD/MP3/DVD player, satellite channels in - room high speed internet access mini bar with freezer telephone European electrical plugs bathroom with shower, hair dryer, shampoo and shower gel own terrace with sitting room. Room size: 40sqm Breakfast included: Yes**



***important notes!***

***we only have 2 superior rooms left, kindly book and pay as soon as possible!***



## PRICE:

**SEK 25000 Superior Room A/C per person in double room, included 10 days accommodation, 30 hours yoga classes, 10 days Breakfast and transfers to and from the airport.**



### **SEK 12500 Superior Room A/C**

**( Per head 12500kr + 12500kr )  
2 persons in sharing room only  
Included 10 days accommodation,  
30 hours yoga classes,  
10 days Breakfast and  
transfers to and from the airport.**

#### **This is included in the price:**

**10 days accommodation**

**3 Hours of yoga every day**

**10 days Breakfast**

**Transfers to and from the airport..**

#### **This is not Included in the price:**

**Flight Ticket.**

**Meals. (Only Breakfast Included)**



### **Booking conditions and payment:**

***When you book your trip with us, we charge a booking fee of 100% . You book your trip by sending an email with the following details name, address and telephone number. You will shortly receive a confirmation from us together with payment details, book your trip as soon as possible!***

### **Deadline of the booking:**

***You have to book and pay 100% your trip 15th of Aug 2017 at the latest!! We only hold the room 15th of Aug 2017!***

### **Cancellation policy.**

***When you book your trip with us, we charge a booking fee of 100% ,if you cancel your trip the booking fee of 100% Non Refundable. The medical certificate may be canceled up until the trip departure and 100% of payment refundable...***

### **Passport/visa**

***You will need a valid visa to enter Sri Lanka . With effect from 1st of January 2012, the new Electronic Travel Authorisation (ETA) system for short-term travel to Sri Lanka is permanently implemented by the Department of Immigration and Emigration. For short-term visits of a maximum of 30 days, travellers need to obtain an Electronic Travel Authorisation for the purpose of tourism, education, recreational visits and transits. Please visit <http://www.eta.gov.lk/> for more information and application When stating your purpose on your visa form, it is best to say tourism rather than yoga. We are more than happy to help you with this!***

***[www.eta.gov.lk](http://www.eta.gov.lk)***

***On your visa application you will be asked to give 1 reference in Sri Lanka of where you are staying, please ask Vishnu Syamlal for more information and details on the reference..***

### **How to get there:**

***To get to Weligama Bay Resort you will need to fly into Bandaranaike International Airport., which serves international charter and domestic flights. If you are booking online the airport code to Bandaranaike International Airport is CMB. Weligama Bay Resort lies on the southern tip of the island in the middle of the Weligama Bay and directly on the beach. It is situated between Matara and Galle, 143 km from capital city Colombo and 170km from Bandaranaike International Airport. Thanks to the newly opened section of highway, the journey lasts about 2,5 hour from the airport ..***

***Welcome all!***