

# Nourishing and Luxurious Yoga Retreat in Sri Lanka with Lisa Dunn New Dates TBA soon for 2022



Join me for a 7-day luxury retreat and explore the healing powers of yoga in the beautiful surroundings of the Sri Devi Retreat. November is the perfect time to experience this beautiful place, situated near Galle in Sri Lanka.

Immerse yourself completely in relaxation. During your week at this special retreat you will use your body and your breath for contemplation and transformation, with a combination of yoga asana, afternoons by the pool, and sunset meditations in the garden. Enjoy sun-drenched days on the beach and delicious authentic Sri Lankan meals prepared by a five-star chef. Expect to create new bonds, share surprising conversations & laughter and still find plenty of time for self-reflection.

This luxurious and spacious retreat is a short ride from the city of Galle & only 15 minutes' walk inland from the turquoise blue sea on the southern coast of Sri Lanka. This hideaway overlooks paddy fields, filled with an abundance of wildlife. It is a natural paradise and the perfect place for complete rejuvenation.



## About Sri Devi Retreat

Situated on the southern coast of Sri Lanka, Sri Devi Retreat offers access to excellent beaches for relaxing and enjoying unforgettable sunsets. There are tea plantations and Buddhist temples dotted along the coast. This luxury retreat centre has over 2.5 acres of tropical garden. The outdoor yoga platform is covered and close to the paddy fields, amongst the wildlife. There is a large pool, a spa and both an indoor and an outdoor covered lounge area. The chef is very creative and cooks amazing regionally inspired dishes using locally sourced products. Sri Lankan cuisine includes curries, plant based and fish in banana leaves, sambals and a few more special secrets. There are many excursions on offer during the week and trips to explore further on the one free day.



The daily programme (except Wednesday)

07:00 – 08:00 Herbal teas, coconut water, fruit

08:00 – 10:00 Dynamic flow asana + meditation (2hrs)

10:00 – 11:00 Brunch

11:00 – 16:30 Day trip, free time, treatments

17:00 – 18:30 Yin restorative asana (90 mins)

19:00 – 20:30 Dinner

There will be two yoga classes each day (with one yoga free day). Each yoga morning will begin with a meditation and a dynamic flowing practice, opening the body and attuning the mind to the breath.

After the morning session there will be a healthy and filling brunch. With several hours in the day to yourself, you can head off to one of the nearby white, sandy beaches, take a treatment with the Ayurvedic therapist, take a ride to the nearby shops, cafes and restaurants or simply relax by the pool.

The group will meet again in the late afternoon for a more gentle and restorative practice dedicated to nourishing yourself, including restorative, yin and yoga nidra.

The retreat starts on the Saturday at 7pm with a welcome meal. The last class is on the Friday evening followed by a farewell meal. Five evening meals are included, leaving two nights free for dining out at the excellent local restaurants.

There is a week between retreats at the Sri Devi before and/or after our week together allowing you the opportunity to arrive earlier or stay on for longer.



## Things To Do

There are several optional activities to choose from during the week for those interested in seeing the sights of Sri Lanka. There will be one free day during the week when you can explore further afield on the island or take one of the excursions offered.

Sri Devi Retreat is very luxurious and spacious, tucked away near a village and surrounded by nature and wildlife. There are many different areas to spend time undisturbed, simply relaxing. It's a 15 minute walk along the paddy fields or a 5 minute tuk-tuk ride to the sea and sandy beach.

There are several beaches to choose from - some lively with music and entertainment, some quieter and expansive. There are many varied restaurants along the coastline for watching stunning sunsets and evening entertainment if you wish to experience Sri Lanka's unique and friendly social-life.

## Excursions & activities

- A safari to see the wild elephants in Yala National Park
  - A trip to Kataragama, a pilgrimage town in Sri Lanka for Buddhists, Hindus, Muslims and Veddas
  - A sunrise boat trip to see blue whales
  - A tour of a famous 19th century tea estate
  - A magnificent boat trip to Cinnamon Island to see how cinnamon is harvested and produced
- A walk around Galle Fort

## Treatments available

The in-house spa offers Ayurvedic floral and herbal baths, the Shirodhara drip treatment and a wide variety of massages. There is also the use of the steam box. An Ayurvedic diagnosis is available with one of the best practitioners. The experienced Ayurvedic therapist offers different kinds of Ayurvedic massages and treatments. Her specialties are chakra massages, Shirodhara (a slow oil stream on the forehead) and relaxing body massages - fantastic for reducing tension and stress.



## Accommodation at Sri Devi Retreat

The villas at Sri Devi are luxurious, comfortable and spacious with twin or double beds. Each villa has its own tea and coffee making facilities, a fridge and counter with sink, a large bathroom and private terrace. There are a limited number of single occupancy rooms available.

In addition there is a fully equipped and staffed kitchen and for no extra cost the staff can prepare your own food for you.



### Price per person

Shared twin or double villa £950 Single occupancy villa £1250

Each villa is one bedroom with own bathroom that be either have a double bed or two single beds.

A deposit of £200, non-refundable, is required to secure your booking, with the full balance to be paid 3 months ahead of retreat start date. For further information or to book, contact Lisa at [lisa@lisadunnyoga.com](mailto:lisa@lisadunnyoga.com) or call on +44 7967 997 453. Or click on this link to access the booking form direct (you may have to copy and paste!) - <https://forms.gle/u8CuzPPvTiJSxeyH6>

### Includes

Two yoga classes per day with one free day

Transfers to and from the airport to the villa (a two and half drive in a comfortable taxi)

Your accommodation & generous brunch

Five dinners at Sri Devi

Dinner on two evenings is not included in the cost to give you the option of dining out as a group or individually and to explore the array of affordable places to eat at the local beach resorts and tavernas.

If you haven't seen this part of Sri Lanka before you may like to extend your stay at Sri Devi.

### Cancellations

Cancellation for your holiday, for whatever reason, should be notified to me direct in writing and whilst I wish to treat cancellations sympathetically, spaces are limited and the following charge must apply.

- Full Payments: For places paid in full and then cancelled the following applies:

- More than 12 weeks before the start of the retreat: 100% refund minus the deposit.

- 8 - 12 weeks before the start of the retreat: 50% refund minus the deposit.
- Less than 8 weeks before the start of the retreat no refund can be given.

It is strongly advised that you take out travel insurance which would cover you financially not only for unforeseen events that may occur whilst on holiday but also in the event of your needing to cancel.

## Travel Arrangements

Although there are many options for flights to Sri Lanka it is essential that you book early to get the best deals. A visa is required for visiting Sri Lanka, which you can apply for online - your passport is stamped upon entry to the country.

For flights to Colombo:

[www.skyscanner.net](http://www.skyscanner.net)

[www.cheapflights.co.uk](http://www.cheapflights.co.uk)

[www.southalltravel.co.uk](http://www.southalltravel.co.uk)

[www.srilankanairlines.com](http://www.srilankanairlines.com)

[www.googleflights.com](http://www.googleflights.com)