



# ASHTANGA YOGA RETREAT

Welikande Estate, Kandy, Sri Lanka

22.10 - 28.10.2022



We invite you for a journey to an authentic, green and unspoiled island country in South Asia, attracting through the richness of its history and culture. To a place where tea plantations take almost 4% of the entire country, where coconuts grow in abundance and where Ayurvedic treatments are of the best quality.

The retreat centre we are taking you to, is set on over 12 acres of land, with breathtaking views overlooking Victoria Lake and the Knuckles mountains. Surrounded by mountains and lakes as far as the eye can see, Welikande is famous for its stunning views, delicious locally grown and prepared food and kind, sincere people. The property is purposely built for the nature and trekking lovers, offering a calm and peaceful space with open plan living, two yoga shalas and a swimming pool.







We will begin each day by the cleansing practices of kriya and pranayama, followed by Mysore classes at all levels (total beginners are also welcome). During the day you will have time to relax with a book, chat with friends in a lounge chair or hammock or to go for a day adventure to the stunning Waterfalls or Tea Plantations...

You will have a chance to immerse yourself in the one of a kind Pottery Experience or book an Ayurvedic treatment with the local doctor. For the more ambitious ones: Kandy Culture Tour or 10km Hiloya Treak will be also an adventure not to miss.

Each afternoon, we will be chanting Sanskrit mantras to the setting sun, and in the silence reflecting on the beauty of nature. It will be a true experience of immersing oneself in the sattvic practices of yoga while surrounded by lush greenery of Victoria Reservoirs.

You are most welcome to bring along a non-practicing partner or a child. We promise you, they won't get bored during their stay with us.





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

- 6 nights accommodation
- 3 nourishing meals per day
- Daily Kriya & Pranayama
- Daily Mysore Practice (all levels)
- Daily Sunset Chanting & Meditation (optional)
- Two afternoon workshops
- Unlimited water, coffee, and tea
- Free Wi-fi

### **What is NOT included in the price:**

- Return flight to Sri Lanka (from around 550 SGD\$ onwards)
- Pickup & drop off from Kandy (70 USD\$ per ride in a private car or 20 USD\$ shared bus)
- Additional activities (Tea Plantation or Waterfall Tour / High-Knuckles Trek / Kandy Culture Tour / Local cooking experience / Ayurvedic treatment) etc







## Dates:

Saturday 22nd of October to Friday 28th of October.

We recommend to take flight with Singapore Airlines, departing Friday 21st night. We will help you arrange the airport pick up.

## Your Investment (7D6N)

Early Bird (Until July 31st):\*

Double / Twin Room: 1100 SGD (760 EUR)

Single Room: 1300 SGD (900 EUR)

Non-practicing partner (friend, family member etc): 900 SGD for double or twin room and 1150 SGD for Single room.

\*Nilayam Sadhana Members get 50\$ discount for Early Bird reservations.

Regular Price (From August 1st):

Double / Twin Room: 1200 SGD

Single Room: 1350 SGD (subject to availability)









We hope you set off on this trip with us.

For more details & reservations email us: [ashtanga.sg@gmail.com](mailto:ashtanga.sg@gmail.com)