



IYENGAR YOGA CENTRE OF WELLINGTON

# Sri Lanka Retreat

## 18 – 28 AUGUST 2024

**Rejuvenate mind and body while developing your yoga practice in an oasis of tranquility and exceptional natural beauty.**

We are very fortunate to have exclusive use of **Ulpotha Yoga Retreat** – a natural sanctuary and village considered to be one of the most beautiful places in the world.

Ulpotha is a unique venue of total peace and calm, located at the base of the Galgiriyawa Mountains, in the jungle heartland of Old Ceylon in Sri Lanka's Cultural Triangle. Rebuilt on the layout of a deserted traditional village, Ulpotha covers a 20-acre site cradled on one side by low mountains and a lotus-ringed lake, and on the other by emerald-green paddy fields.

This haven of exquisite natural beauty is a secluded hideaway where you live in elegant simplicity, close to nature, in adobe houses nestled amongst flowers and trees, and swim in a lake smothered in tiny water lilies.

The biodiversity of Ulpotha is extraordinary, with flora, fauna and bird life of dazzling variety. Animal life is equally varied, with the chance of a visit from wild (but gentle) elephants!

During your stay you can swim in the lake, go bird watching, make use of the on-site bikes and of course relax in one of the many hammocks and hanging beds that dot the grounds, or rest in the lovely tree-house or lake huts.

This retreat is suitable for students who have a minimum of one year Iyengar yoga experience. If you would like to join us but aren't sure if the retreat is suitable for you, please feel free to talk to Tessa.

Ulpotha is most often described as a life-changing paradise. Click the links below to get a better feel for the true essence of this special retreat centre:

> [Trip Advisor reviews](#)

> [Guardian article](#)

> [www.ulpotha.com](http://www.ulpotha.com)

> [YouTube video](#)

## All inclusive:

### YOGA

Early morning pranayama followed by morning asana practice. The afternoon session will be quieter, focusing on seated postures, inversions and restorative yoga. Five hours' practice per day with plenty of time for resting and exploring the beautiful surrounds. There will be opportunities for guided walks to the mountain temple; and morning sunrises, meditation and yoga from the giant rock formations that surround Ulpotha.

### FOOD

One of the great joys of Ulpotha is considered to be its food. Ulpotha is a garden and a farm all in one with everything done the traditional way—there are no chemicals and no machinery. Three delicious organic vegetarian meals per day plus juices, herbal teas, pure spring water, coconuts and all snacks.

### ACCOMMODATION

Ten nights' accommodation in exquisite wattle and daub huts which are built using traditional methods and are nestled in clearings among the lush mingling of tropical trees and shrubs. Accommodation is on a twin-share basis and the shared bathrooms are modern and clean with open-air showers. The sandy paths between dwellings are shaded by coconut palms and fringed with brilliant hibiscus, and the vegetable plots are bright with sunflowers and marigolds.

Being so close to nature and the jungle at Ulpotha, guests generally find comfort in the twin-share hut arrangement. By design there is no electricity and life is lived by the rhythm of the day. Light is provided by candles, lamps and lanterns, lending Ulpotha an ethereal quality at night.

### DAY TRIP

A full day trip to the most famous sights in the Cultural Triangle. We will visit the Dambulla Cave Temple then stop



for lunch and a swim at a Geoffrey Bawa-designed hotel. After climbing to the top of Sigiriya Rock for sunset we will stop for dinner at a typical Sri Lankan hotel on our way back to Ulpotha. *Day trip entrance fees and meals are not included in the retreat price.*

Ulpotha has an exciting programme of Ayurveda treatments and possesses the ideal climate and environment for the practise of this deeply therapeutic and traditional healing art. Details of the Ayurvedic treatments can be found on the Ulpotha website. Massage by highly experienced therapists is also available. *Ayurveda and massage treatments are not included in the retreat price.*

**Ulpotha is, above all, a place to relax and find peace while reconnecting deeply with nature and yourself.**

### Price: \$3180 NZD

Deposit \$800. Please talk to Tessa if you would like to set up a payment schedule to pay off the retreat.

Arrival to Ulpotha will be from 12pm on August 18th and the retreat will finish by 4pm on the 28th. Transfers to and from Ulpotha will be arranged for you and students will be grouped together where practical to reduce costs. Tessa will make suggestions regarding flights and travel to Sri Lanka after bookings have been confirmed. *Flights and transfers are not included in the price.*

To reserve your place, register interest or for further enquiries, please email [tessa@wellingtonyoga.co.nz](mailto:tessa@wellingtonyoga.co.nz)

**Terms and conditions of booking:** The deposit secures your place on the retreat and is non-refundable. 50% of the full retreat price is due by 31 December 2023 and the balance of the retreat is due in full 12 weeks before the retreat starts. Cancellations within 12 weeks of the retreat cannot be refunded unless I find someone else to take your place. Taking out travel insurance at the time of booking is recommended. The retreat price does not include flights, spa treatments or airport transfers. Booking is taken as acceptance of these conditions.

