



24 FEBRUARY - 02 MARCH 2024

Secrets of Sri Lanka Yoga Retreat

Southern Province - Sri Lanka

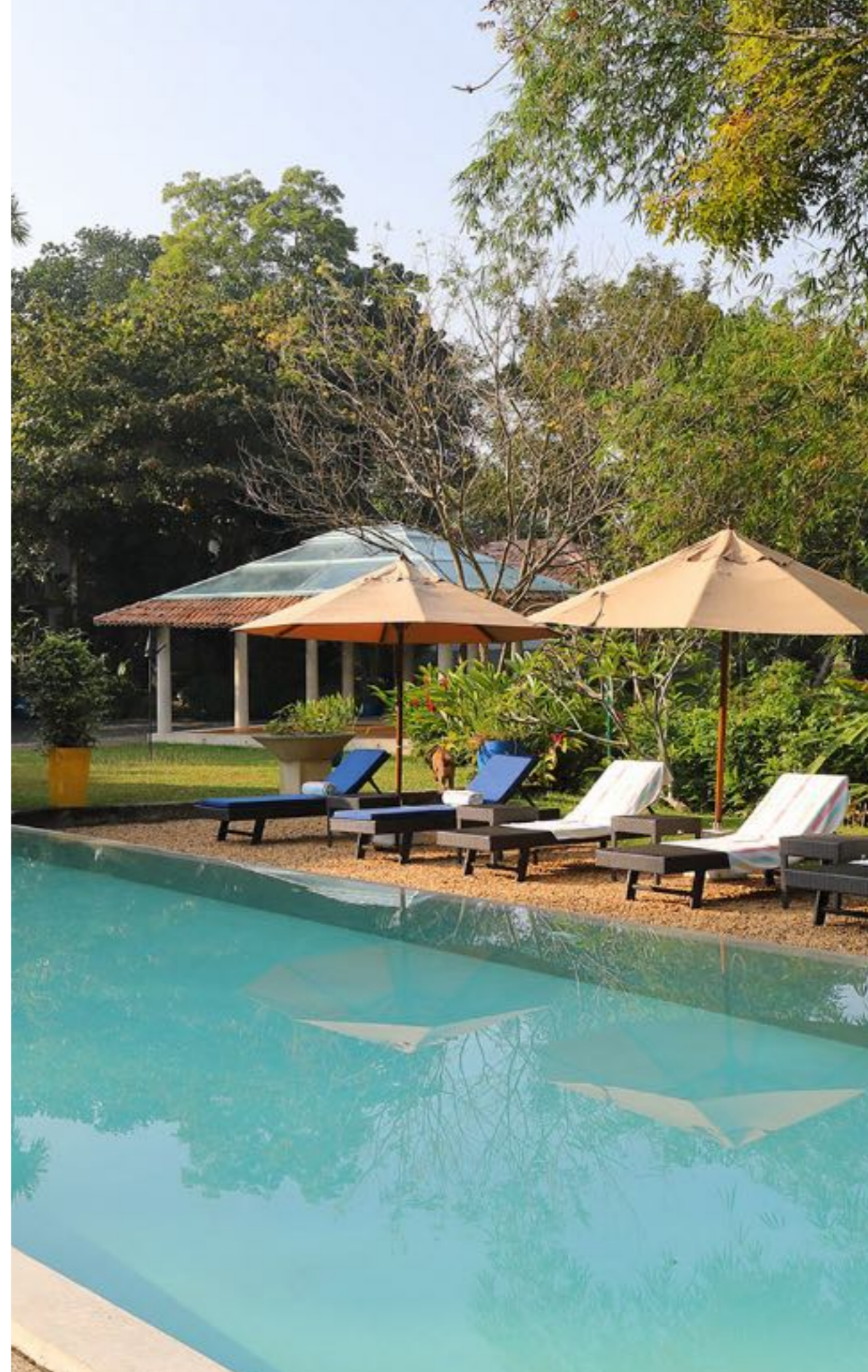
Sri Devi Retreat

Join us for a seven night luxury retreat and explore the healing powers of yoga in the beautiful surroundings of the Sri Devi Retreat. February is the perfect time to experience this beautiful location, living amongst the locals.

Set in an oasis of calm and tranquillity, with views across the paddy fields and the sound of prayers in the background, this hidden gem is the perfect place for us to feel part of traditional Sri Lankan village life. Combining yoga, with cultural exploration, relaxation and self-care.

We will immerse ourselves completely in relaxation with like minded ladies. During our week at this special retreat we will use our body and our breath for contemplation and transformation, with a combination of yoga asanas, afternoons by the pool and sunset meditations in the garden.

We'll also enjoy sunshine days on the beach and delicious authentic Sri Lankan meals prepared by a five-star chef. Expect to make new friends, learn from one another, laugh together and of course there is time built in for rest and restoration.



Location

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 too.

This luxurious and spacious retreat is a short ride from the city of Galle and 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.

The property has over 2.5 acres of tropical gardens, a covered outdoor yoga platform close to the paddy fields and a lovely long pool, a spa and both an indoor and an outdoor covered lounge area.

The chef is also very creative and cooks amazing regionally inspired dishes using locally sourced products. Sri Lankan cuisine includes a variety of curries, plant based and fish cooked in banana leaves, sambals and a few more special secrets which we'll share with you on this trip too.





Things to do

There are several optional activities to choose from during our week away for those interested in seeing the sights while we're there.

Sri Devi Retreat is tucked away near a local village and surrounded by nature and wildlife. There are many different areas to spend time undisturbed to simply relax, journal or just sleep. It's a 15 minute walk along the paddy fields or a 5 minute tuk-tuk ride to the Indian Ocean and its beautiful sandy beaches, which we will also visit of course.

There are several beaches nearby for us to choose from - some with music and entertainment, some quieter and more expansive. There are also a wonderful variety of restaurants along the coastline for watching stunning sunsets and enjoying evening entertainment if you wish to experience Sri Lanka's unique and friendly social-life.



About us



Lisa Dunn

Having left a successful career producing documentaries for the BBC, Lisa pursued a passion for yoga and became a 500-hour certified vinyasa teacher.

She has been practising for 20 years and teaching for over twelve years and has never stopped feeling excited about sharing the liberating effect yoga has had on her life. Yoga has taken her all over the world, and she also teaches at Suryalila Retreat Centre in Spain on Frog Lotus International training programmes.

More recently she has trained as a Katonah Yoga teacher, a Daoist methodology, and she will be sharing these profound teachings along with breath work and meditation throughout the retreat.



Ruth Clougherty

Ruth has been organising mini escapes for friends and family for many years, so much so, they became an annual fixture, different countries, different adventures but always the same wonderful experience, combining wellness, curiosity, culture and deliciousness.

The powerful benefits of having the time and space to properly disconnect and her love for organising retreats and events that are out of the ordinary equalled her love for a well-crafted G&T, it wasn't long before the two were joined and Gin & Yin became a thing.

She has since created magical retreats all over the world and welcomed and connected some incredible women many of whom can't resist returning year on year.

Accommodation



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 for any light refreshments you might desire between breakfast and dinner.

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.





Retreat Programme

Saturday 24th February

Check-in – Let your shoulders drop and take a deep breath, you made it!

Afternoon at your leisure to relax, unpack and take in our new home for the week

5 pm – Your first restorative yoga class to slow down your mind and your body while facing out across the paddy fields

6.45 pm – Welcome G&Ts (local gin) followed by supper at Sri Devi

Monday 26th February

8 am – Morning tea, juices and fresh fruit

8.30 am – Breathwork and Yoga

10.30 am – Breakfast

12 noon – Transfers to Galle for a guided walk around the largest city of the Southern Province steeped in history and a delight to walk around, with some lovely places to drink and shop too

4 pm – Authentic cooking class using local ingredients and spices

7.30 pm – Transfer back to Sri Devi

Sunday 25th February

8 am – Morning tea, juices and fresh fruit

8.30 am – Guided Meditation and Yoga

10.30 am – Breakfast followed by an intention-setting workshop to live in the moment.

Afternoon at your leisure to do whatever your heart desires, read your book, write your journal, sunbathe, sleep or enjoy a treatment.

4 pm – Restorative Yoga

7 pm – Supper at Sri Devi

Tuesday 27th February

8 am – Morning tea, juices and fresh fruit

8.30 am – Meditation and Yoga

10.30 am – Breakfast

Afternoon at your leisure – read and relax by the pool

7 pm – Supper at Sri Devi



Wednesday 28th February

- 8 am** – Morning tea, juices and fresh fruit
- 8.30 am** – Breathwork and Yoga
- 10.30 am** – Breakfast – Followed by a check-in session (Part 2)
- 12 noon** – Light Lunch – Tea Plantation
- 4 pm** – Yoga for longevity
- 7 pm** – Supper at Sri Devi

Friday 1st March

- 8 am** – Morning tea, juices and fresh fruit
- 8.30 am** – Breathwork and Yoga
- 10.30 am** – Breakfast followed by a reflective session (Part 3) to review our thoughts, feelings and shared experiences across the week
- 7 pm** – Sundowners and a special farewell supper at Sri Devi

Thursday 29th February

- 8 am** – Morning tea, juices and fresh fruit
- 8.30 am** – Meditation and Yoga
- 10.30 am** – Breakfast
- Afternoon at your leisure
- 6 pm** – Tuk-Tuks for Sundowners & Supper at Angel Beach

Saturday 2nd March

- 7 am** – Complimentary group transfer back to the airport to catch the Sri Lankan Airlines flight UL 50312.55 back to London

Farewell “Aah-yu-boh-wahn” = “may you live

Prices

Each villa is made up of one bedroom with own bathroom that be either have a double bed or two single beds, or 2 singles and 1 comfortable day bed.

A deposit of £400, non-refundable, is required to secure your booking, with the full balance required by Friday 20th January 2024. We are happy to discuss instalment payments too, to keep this viable for you. For further information or

PRIVATE VILLA £1,950

SHARED VILLA £1,650

TRIPLE VILLA £1,200

Prices per person

Includes

All yoga, meditation and breathwork classes.

Transfers to and from the airport (Approx. two and half drive in a comfortable vehicle)

Your accommodation in an ensuite villa

Daily generous breakfast and five suppers at Sri Devi

Guided walk around Galle

Authentic Six course cooking class in the old Dutch Fort in Galle

Local tea plantation tour, tea and cake

Not included

Any additional food orders at Sri Devi between breakfast and dinner

Treatments at Sri Devi's spa

Any trips out from the retreat that are not group outings

Tuk-Tuks to the beach

Any additional drinks enjoyed at Sri Devi (you're welcome to buy your own drinks and wine etc, all very reasonably priced, vs. UK prices)



Private walking tour around Galle an atmospheric 17th-century fort and a UNESCO World Heritage Site. It's truly like taking a step back in time here, well worth the trip.



We'll enjoy a traditional six-course Sri Lankan cooking class. What better way to make new friends than to cook together? We'll learn about the local spices along with recipes that have been passed down by generations. This



Plus, time to shop at the beautiful boutiques and enjoy a G&T at one of the historical properties in Galle before we head back.



Angel Beach is Sri Lanka's premier day-to-night beach club - live music, plush day beds, cocktails and sensational cuisine while overlooking the expanse of the Indian Ocean.



We'll also venture out to the only tea estate situated in the coastal belt of Sri Lanka, to learn about the artisanal process involved in manufacturing 'virgin white tea', and how they've coped with the changing climate. Their tea, cinnamon, vanilla, and pepper plantations are grown in an eco-friendly environment, plus we'll enjoy tea and cake of course.



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.

Complimentary transfers to match the Sri Lankan Airlines flight UL504 dept Friday 23rd February – 20.40 landing into Colombo on Sat 24th Feb @ 12.35 (Direct) – Transfer approx. 2.5 hours. (Or flights landing around that time).

Return flight on Saturday 2nd March to catch Sri Lankan Airways flight UL 503 back

For flights to Colombo:

www.skyscanner.net

www.cheapflights.co.uk

www.southalltravel.co.uk

www.srilankanairlines.com



CONTACTS

Lisa Dunn

lisa@lisadunnyoga.com

+44 7967 997 453

www.lisadunnyoga.com

Ruth Clougherty

hello@ginandyinretreats.com

+44 7909 916 712

www.ginandyinretreats.com

BOOK NOW

Click below to access the booking form and reserve your place

[Booking Form](#)

Gin & Yin
RETREATS

