

*Narali Yoga Retreat*

# SRI LANKA

3rd - 12  
February 2025





# Introduction

**Nestled in Paradeniya, just 6.1 km from the renowned Kandy Royal Botanic Gardens, our enchanting retreat for Winter 2025 awaits. Immerse yourself in lush tropical forests embraced by vibrant green terraces, creating the perfect backdrop for an unforgettable Sri Lankan experience.**

**An undisputed mecca for yogis and known as the Island of the Gods, Sri Lanka is one of those places that once you have experienced it, your heart never really leaves.**

**Join us for 10 nights and 11 days in this kaleidoscope landscape: Where the culture & sense of spirituality run as deep as the blue of the ocean.**

**Nestled in the lush tropical forest, our accommodation has been selected for its luxury, comfort & attention to detail.**

**With our signature 6 hours of yoga per day, total seclusion & optional excursions, this experience will be everything that you have come to expect from a Narali Yoga Retreat**



# What to Expect

**Exceptional accommodation & exclusive occupancy of our venue**

**Morning guided meditation**

**Up to 6 hours of yoga & wellness practices, daily**

**Complete freedom to choose how much or how little practice you join**

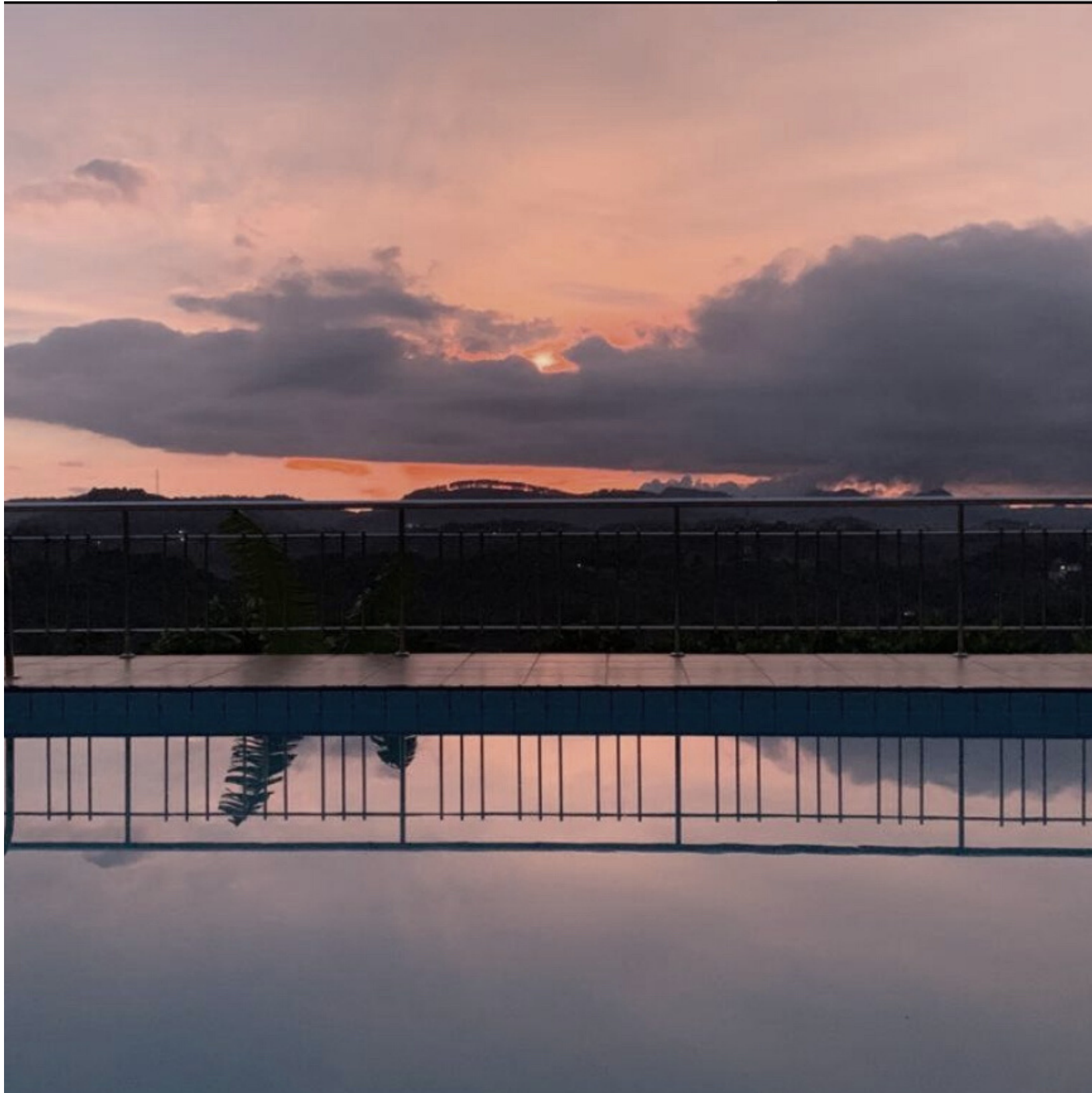
**Nourishing, organic & freshly prepared vegan meals twice a day**

**Complimentary drinking water**

**Optional excursions**

**Closing celebration meal**

**Transfers to & from Denpasar Airport**





# The Practice

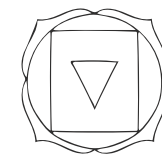
**Cultivating a sense  
of adventure, we  
invite you to join us  
and explore all  
elements of your  
practice in this  
soul-restoring  
setting.**

**Individual intentions  
will be honoured as  
we work together to  
strengthen, connect  
and advance your  
practice both on &  
off the mat**



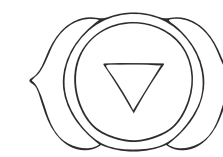


# TEACHING TEAM



Rania

**Fiercely passionate, Rania's practice will not only help you to build strength but learn how to work with your body to find openness; physically, mentally and emotionally**



John

**We will be welcoming John to practice with us. John will be bringing his own unique style and energy to the retreat. Physically his practice is grounded in the fundamentals of Hatha which he fuses with his strong meditative practice.**



# S L E E P I N G

**6 rooms in lush tropical vegetation, all decorated & arranged for your comfort, mixing modernity and tradition with precision.**

**Comfortable bedrooms & living room have been created for your relaxation, all equipped with unrestricted wifi, a convenient coffee maker, a charming dining area, and a private terrace. Enjoy the serene garden views as you relax in your room with an en-suite bathroom, creating a delightful and well-appointed retreat.**

**1 twin room shared bathroom  
1 Twin room en-suite**

**1 Double room en-suite with balcony view**

**2 double room shared bathroom**



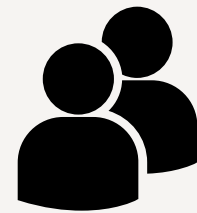


## P R I C I N G

Shared Occupancy  
Twin Room

Single Occupancy  
King Suite

Shared Occupancy  
Bunk Bed



**£2250pp en-suite**  
**\*2 people sharing one**  
**room with twin beds**

**£2500pp Shared bathroom**

**£2600pp en-suite with**  
**view**  
**£2500 shared bathroom**

**If 2 people sharing one**  
**room with a shared King**  
**Bed**  
**£2100 pp**

**£1800pp**





# Excursions

All excursions are optional and we will be sending out more details in your pre-departure packs. Excursions we will be offering for this retreat are:

**1. Botanical Gardens Exploration:** Immerse yourself in the beauty of Peradeniya's renowned Botanical Gardens. Wander through a diverse array of flora, from vibrant orchids to towering trees. This leisurely excursion offers a serene escape.

**2. Kandy Cultural Discovery:** Venture into nearby Kandy to explore its rich cultural heritage. Visit the Temple of the Tooth Relic, witness traditional Kandyan dance performances, and stroll through the bustling markets. This excursion provides a captivating blend of history, spirituality,

**3. Embark on a spiritually enriching excursion by visiting the Buddha Temple in Peradeniya.** Immerse yourself in the serene atmosphere as you explore the temple grounds, adorned with intricate architecture and sacred symbols. Take a moment for quiet reflection and meditation, allowing the tranquility of the temple to enhance your spiritual self.

**4. Elephant Safari UDAWALAWE NATIONAL PARK.** With its stark, open landscape and a herd of around 250 elephants, Udawalawe National Park is a great place to spot one of these incredible creatures.

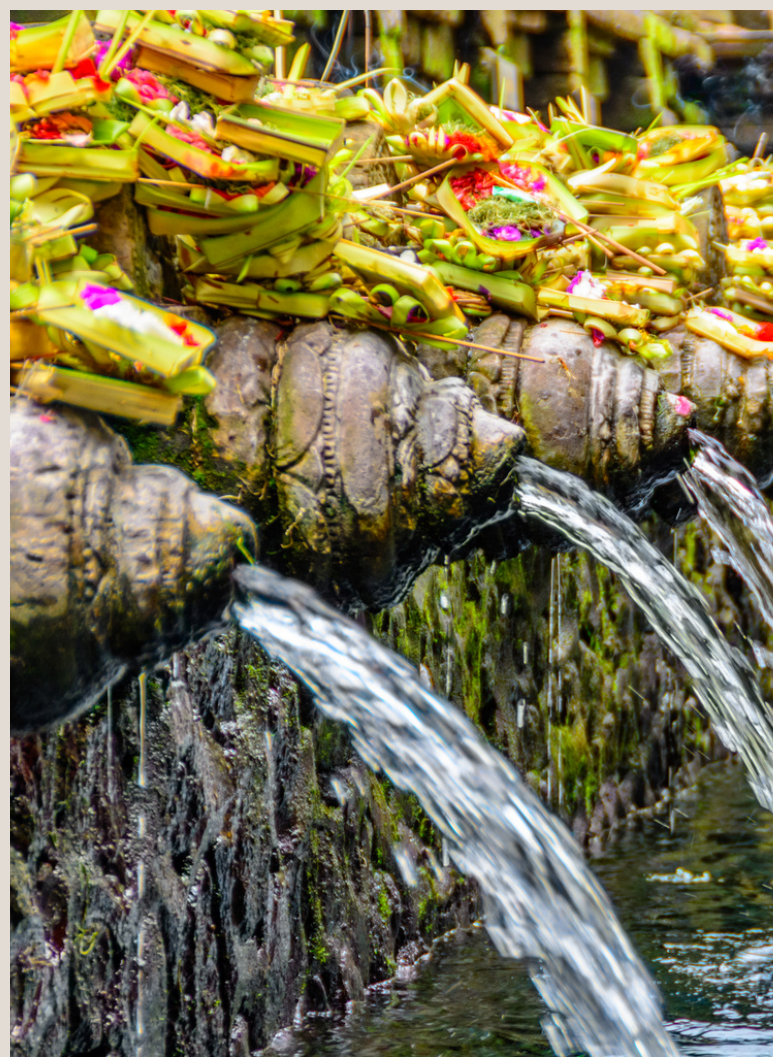






## Excursion Cost

**Excursions will be individually priced and will require booking confirmation 21 days before departure. Full details will be sent with your booking confirmation and pre-departure pack.**







— We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

## DEPOSIT - £400PP

**Payable to:**  
**Rania Ezzedine**  
**Account Number: 12836045**  
**Sort Code: 04-00-04**  
**Reference: Your first name & Slanka**

## PAYMENT

**Payments in up to 6 instalments.**  
**All payments are complete 50 days before departure**

### **Terms & Conditions**

**This deposit is non-refundable unless the entire retreat is cancelled. If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid**

**Optional extras paid for directly to the venue/ service provider during your stay.**





## Booking

- Contact your studio with your room preference and we will get back to you ASAP
- Next Steps: Pay your deposit & book your flights!

Narali Yoga



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**@naraliyoga**



**www.naraliyoga.co.uk**



NARALI WELLNESS

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THE WEALTH  
IN LIFE LIES IN  
HOW YOU  
ALLOW ITS  
EXPERIENCES  
TO ENRICH  
YOU

