



YOGA RETREATS


TEACHER TRAININGS

REIKI HEALING



DIVE DEEP
INTO THE
JOURNEY OF
SELF WITH
TALALLA YOGA

South Coast, Sri Lanka
www.talallaretreat.com
2024



Here at Talalla Yoga we believe
yoga is a skin-to-soul
practice...

7 DAY YOGA RETREATS

Deepen your yoga practice, learn about the different aspects of yoga philosophy, explore your energetic body and breath, while taking time out to reconnect back to self.

Each month we offer 3 x differing retreat themes to choose from as we are committed to making yoga accessible, fun and safe for all. We welcome everyone from beginners to advanced practitioners from all backgrounds to join us on retreat.

RETREAT INCLUSIONS

- 6 x Nights accommodation of your choice ([review options here](#))
- 3 x Healthy meals catering to all requests & *beverages daily
- 6 x Morning Yoga Classes (90min) *Vinyasa, Hatha, Myofascial Release, Moving Mantras and Somatic movements*
- 6 x Evenings Classes (90min) *Yin, Restorative, Slow Flow and Sound Bowls*
- 5 x Meditation & Pranayama Sessions
- 3 x Specialty private group workshops
- 1/2 day local Excursion
- 1 x 60 minute Full Body massage
- Sri Lankan cooking demonstration
- Gift bag + Talalla Yoga t-shirt
- Additional extras: Reiki healing sessions private surf lesson or Ayurvedic consult

You'll have daily scheduled classes and workshops to deepen your practice, with plenty of down time for some well deserved rest and rejuvenation.



Living Yoga

This retreat is a dedication to deepen your yoga practice beyond the mat. We emphasise and offer a holistic approach to expand your understanding of the full spectrum of yoga. Living Yoga is perfect if you are curious to learn yoga as a way of life, exploring the learnings from ancient yogic texts to understand and embody the healing and therapeutic yoga lifestyle. The WORKSHOPS will focus on “Yoga philosophy”, “Asana Alignment” and “Meditation, Mudras and Pranayama.”

2024

JUN 9 - 15
JUL 21 - 28
NOV 3 - 9
DEC 1 - 7
DEC 22 - 28

Energy Body Exploration

The retreat is designed as a deeply nurturing space where you explore and learn about the subtle energy body, offering a transformative journey to find union of body, mind & soul. Each day is dedicated to the 7 main chakras through learning, analysing and healing, with a focus on a series of dynamic meditations as well as conscious breath work. We will share with you teachings and knowledge of our more subtle energy system, and how to maintain balance and harmony on the physical, mental and spiritual level.

2024

MAY 5 - 11
JUN 23 - 29
AUG 4 - 10
DEC 29 - JAN 4

Restore & Renew

A rejuvenating yoga retreat focused on balancing the nervous system and managing unnecessary stress that no longer serves the body, taking a holistic approach to finding wholeness in the body, mind and soul. Through our daily yoga asana classes, pranayama, and meditation practices, which are carefully curated to soothe and balance your nervous system, you will learn how to identify and alleviate symptoms of stress, previous traumas and anxiety.

2024

JUL 7 - 13
AUG 18 - 24
NOV 17 - 23
DEC 15 - 21

**REIKI MASTER TRAINING
NOVEMBER 2024**

WITH INDIA'S REIKA GRAND MASTER USHA JI

** Email for more information or ask about our 2025 dates

Your accommodation

*** Package price includes total accommodation,
all meals and all yoga package inclusions*

Deluxe Villas

Garden or pool views

Private: \$1,250 usd
Twin: \$1,050 usd per person

Bamboo Huts

Eco Friendly

Private: \$1,320 usd
Twin: \$1,100 usd per person

Seaview Villas

Beachfront ocean views w. AC

Private: \$1,400 usd
Twin: \$1,150 usd per person

[See more room information here](#)





"Everything was great. The yoga sessions were excellent, very professional with dedicated coaches. The place is beautiful. You are both just amazing, Tye and Rhian, you are the biggest find and acquisition for me on this journey, which I want to keep for a long time. I realized that it's never too late to slow down and allow yourself to get to know yourself better.. Every day I try not to forget our practices, your eyes, heavenly Talalla while listening to your magical music.."

- Elena, Yoga Retreat February 2023

Contact Us

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[Meet our team](#)

