



Yoga Retreat with Eva Thias

**Group Special Sri Lanka
Date: 20th – 26th of October 2019
7 Days**

**Price from € 1.146,00 per person in a dbl
incl. Ayurveda and Yoga**

www.ayurvedaforhealth.at

Yoga Retreat at Villa Lanka Pearl

Let yourself be carried away to the tropical island of Sri Lanka and enjoy a **yoga retreat with Ayurveda treatments** in the small and privately run Villa Lanka Pearl. This gem is located just 100m from a coconut palm fringed sandy beach on the south west coast of Sri Lanka, amidst a tropical bay of Wellabada.

Upon your arrival, after a 2-hour transfer from the airport, you are warmly welcomed by the Ayurveda Resort team and can take time to explore the villa before your first dinner together.

During your **1-week stay**, you will be looked after by **Eva Trías** - an inspiring yoga teacher, as you would expect for a yoga retreat. She lived in India for 6 months, where she was trained as an Ashtanga Yoga and Hatha Yoga therapy teacher. In her classes, she combines the Vinyasa Flow and Hatha Yoga style with many influences of the Iyengar Yoga style. With a passion for pranayama, meditation and a conscious lifestyle, she transforms your yoga unit twice a day into a magical experience of self-knowledge.

Dive into the world of Ayurveda and enjoy personalized treatments, oil massages, natural medicine and Ayurvedic food.

During breaks in between yoga sessions and treatments you can relax in the garden, by the pool or on the private terraces or balconies, or of course in your room. The nearby beach invites you to a walk or you participate in one or the other excursion.

Included services at your Yoga Retreat in Sri Lanka:

- Transfer from / to the airport
- 6 nights in the Villa Lanka Pearl
- Ayurvedic full board, unlimited drinking water, tea and herbal tea
- Ayurvedic treatments, detailed initial examination
- Massages and treatments, Ayurvedic medicine and oils etc.
- 2x daily yoga with Eva Trias
- Bathrobe, hair dryer, Ayurvedic toothpaste, shampoo, soap, etc.
- Towels, slippers
- Sun beds on the beach and pool
- Occasionally evening events

Not included services:

- Flights (we are happy to offer a suitable flight on request)
- travel insurance
- Personal expenses



Travel
Visa
Free

Package price per person in dbl	€ 1.146,00
Package price per person in sgl	€ 1.299,00

Minimum number of participants for this special group price!

<i>Extension week per person in dbl</i>	<i>€ 595,00</i>
<i>Extension week per person in sgl</i>	<i>€ 645,00</i>

7 more nights incl. Ayurveda without yoga teacher.

**Booking inquiries at 0043 1 804 00 88 or
to office@ayurvedaforhealth.at!**

*The terms and conditions of the trade association for travel agencies apply.
The offer is valid on request and subject to availability.*
**Minimum number of participants 8 persons.
Registration deadline is 30.09.2019.**