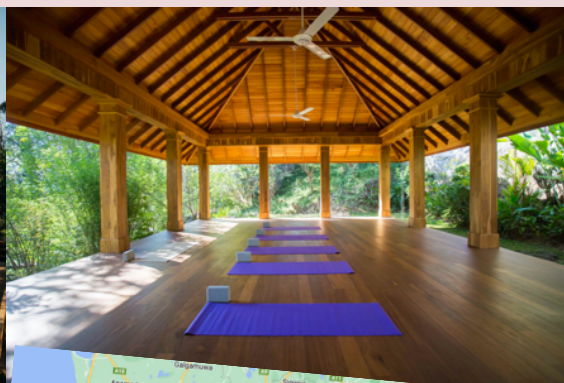
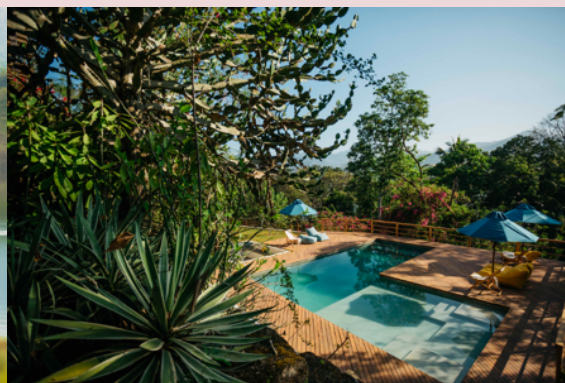


Chakra Connections

10-Day Immersive Yoga Retreat – Near Kandy, Sri Lanka
Thursday 30th January to Sunday 9th February 2025

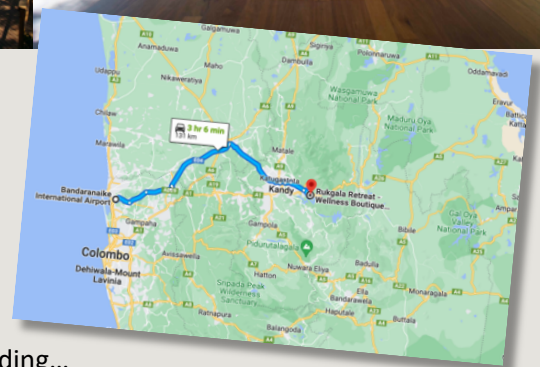
A 10-day yoga retreat hosted at a private retreat centre in Sri Lanka, set beside a beautiful lake, breath-taking mountains and lush greenery.

Guests stay in air-conditioned, en-suite bedrooms within two gorgeous properties. With access to a private swimming pool, huge fresh water lake and covered yoga shala surrounded by greenery and nature. A friendly team of staff provide amazing food, drink and service, all carefully planned around yoga sessions, excursions and relaxation time.



Retreat Centre Location

With exclusive use of the entire retreat centre, it's the perfect location to relax, unwind and reconnect with yourself: private swimming pool... shared relaxation spaces... mountain views... daily yoga in open-air shala... wild swimming... canoeing... paddle-boarding... delicious, nutritious food... excursions to local temples and caves... all included in the price. Plus, optional extras: massage treatments, excursions to local tea fields, waterfalls and mountain trails, etc. The perfect balance between retreating and adventuring!



Rukgala Retreat Centre is situated east of Kandy, in the centre of Sri Lanka, around 3.5 hours' drive from Colombo International Airport (CMB). There is also a world-renowned or scenic railway journey from Colombo to Kandy, considered to be one of the best (and cheapest) in the world.

Colombo International Airport can be reached by direct international charter flights with Sri Lankan Airlines from Heathrow, as well as indirect options from many other airlines, including: Emirates, Oman Air and Qatar Airways departing from multiple UK airports. Transfers: Rukgala can arrange for a driver to meet you at the airport and bring you directly to the retreat centre at the cost of around \$100 per van – each van can be shared by up to five people. Similar return transfers can also be arranged. This payment should be made direct to Rukgala.

Yoga Practices

The retreat includes up to two yoga sessions per day, combining the following yoga styles and practices:

- Yoga Philosophy
- Hatha Yoga
- Slow Flow
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditation
- Mantra and Mudra
- Mindful Journaling/Discussion

Sessions are suitable for all levels, with adaptations and props used to support postures, as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial.

Yoga is taught from an open-air studio surrounded by greenery and nature. Yoga mats, bolsters, bricks and straps are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme, designed to enhance wellbeing, personal development and transformation.



Daily Schedule

- 07:00:** Optional light breakfast before yoga practice. Herbal teas and coffee always made available.
- 08:30:** Morning yoga: introduction to the daily theme/philosophy, followed by a dynamic practice incorporating slow hatha flow, pranayama, mudra, guided meditation and suggested journaling.
- 11:00:** Gorgeous shared brunch overlooking the treetops or possibly served from the boat house.
- 12:00:** Free time, for relaxing, swimming (in the pool or lake), walking, canoeing, mountain biking, boarding, holistic treatments, exploring local area, etc.
- 15:00:** Fresh king coconuts & other tropical fruits served with herbal tea, allowing space to chill out & chat.
- 16:30:** Evening yoga: a short group activity, followed by a soothing practice incorporating mindful movements, yin yoga, restorative yoga, pranayama, mantra, meditation or yoga nidra.
- 19:00:** Delicious Dinner on the Top House deck.

The retreat schedule includes a half day excursion to a Monastery and temple caves, plus a full yoga-free day for additional optional excursions and/or relaxation time.

Accommodation

The top house has four air-conditioned bedrooms (some with four-poster beds), en-suite shower rooms and private balconies. The garden cottage offers a further four air-conditioned bedrooms, with en-suite bathrooms and small private gardens.

There are also various shared spaces, including a reading room, chill out lounge, dining space and viewing deck overlooking the lake.

A beautiful wooden yoga shala, surrounded by lush greenery, is made available for personal use as and when classes are not being taught, allowing for self-practice or relaxation between sessions.

Guests also benefit from a private swimming pool, with sun loungers, sun shades and a fire pit seating area. The lake is just a stroll away where guests can borrow Rukgala's canoes and paddle boards. It's also safe to enjoy wild swimming in the lake.



Food and Drink

All food is vegetarian, wholesome, nutritious and, wherever possible, organic. Meat and fish is available on request, as are snacks, tropical fruit and juices. Guests have access to herbal teas and coffee throughout the day. Please let us know about any allergies to ensure they can be accommodated. *Note: Filtered water is used to make ice cubes.*

Breakfast: The day starts with fresh tropical fruits, homemade granola's, porridge, fruit juices and herbal teas.

Brunch: After morning yoga, we will share a delicious brunch comprising of: freshly baked breads, local eggs cooked to order, raw salads, sprouted beans, homemade dips, light curries, roasted vegetables and seeds.

Snack: Mid-afternoon King coconuts and tropical fruits provide a boost of energy before the afternoon yoga session.

Dinner: In the evening; a delicious vegetarian meal, catering for all preferences and appetites: nourishing soup, Sri Lankan plant-based curries, brown rice, local vegetables, followed by a guilt-free, vegan dessert.



What's Included:

- 10 night's accommodation at Rukgala
- Air-conditioned bedroom, with en-suite bathroom and balcony or private garden
- Morning light breakfast, juices and teas
- Morning yoga session with use of yoga mats and props
- Vegetarian buffet brunch (with fish and chicken options)
- Afternoon coconut and fruits
- Afternoon/evening yoga session with Emma
- Delicious evening buffet meal
- Fresh water, tea and coffee
- Free wireless internet connection
- Group excursion to local temple and caves
- Easy access to the lake
- Use of paddle boards, canoes and mountain bikes
- One yoga-free day, to allow time for an optional extra excursion, exploring the local area, or relaxing

What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, tuk-tuks etc.
- Additional excursions and activities
- Massage treatments
- Additional accommodation before/after retreat dates
- Alcohol (but you are welcome to buy your own from the local town)



Dates and Investment

The retreat starts on the afternoon of Thursday 30th January 2025 and ends the morning of Sunday 9th February 2025 (specific timings to be confirmed nearer the time).

Please note: An initial, non-refundable deposit is payable to secure a booking, with an interim payment 8 months before the retreat date, and a final balance due 16 weeks prior. Payments should be made to Rebalancing Me Ltd – account details provided at time of booking.

Bookings are on a first come first served basis.

To book, please contact Emma on 07790 296737 or email emma@rebalancing-me.com

(Please note: by booking a place you are agreeing to our terms and conditions, so please ensure you have read them)

In order to make the most of your time in Sri Lanka, you are welcome to arrive prior to the retreat, and/or stay longer afterwards. Any additional accommodation requirements can be organised with Rukgala directly. Alternatively, adventurers might like exploring other areas of Sri Lanka during their trip.

Sharing:

Shared air-conditioned room with en-suite bathroom:

£1 100 pp

Deposit £400 (paid at time of booking) in GBP
Instalment £400 (paid 8 months before retreat)
Final balance £300 (by 10th October 2024)

Single occupancy:

Individual occupying an air-conditioned room with en-suite:

£1 300 pp

Deposit £500 (at time of booking)
Instalment £500 (paid 8 months before retreat)
Final balance £300 (by 10th October 2024)

Optional extras:

The retreat price includes a half day guided group walk to Bombaragala Monastery and cave temples, as well as use of Rukgala's paddle boards, canoes and mountain bikes. One yoga-free day allows guests the option of an additional excursion of their choice (cost to be covered by each guest). Possible excursions include:

- Day trip to tea fields and waterfalls at Ashburnham Estate (Rukgala's sister property – 1½ hours' drive away)
 - Cost: \$55 per person, assuming a minimum of six to eight people.
- Day hike in the Knuckle Mountains, towards Meemure, Sri Lanka's most remote village, and the eye-catching mountain peak of Lake gala (2¼ hours' drive away)
 - Cost: 55 per person, assuming a minimum of six to eight people.
- It may also be possible to organise a trip to an Elephant sanctuary, subject to interest
 - Cost: to be confirmed (but probably around \$55-65 per person).

Emma and Rukgala can help to organise these group trips, though it's also possible for guests to make individual arrangements during the non-yoga day, or before/after the retreat dates.



About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being camp and glamp site, yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.

