

Yoga in... Sri Lanka

If it's yoga you're after you'll be spoilt for choice in sunny Sri Lanka

If ever a place had the perfect ingredients for a spot of yoga then surely it would be Sri Lanka. Just a short hop from India – yoga's spiritual home – this paradise island already attracts countless yogis seeking a South Asian experience like no other.

The lush, tropical country – formerly known as Ceylon – is practically littered with yoga sanctuaries and ayurvedic health retreats, from high-end, big budget hotels and resorts, to small, local speciality providers. Famed for its abundant wildlife, flora and endless beaches, it's a great place to experience all aspects of holistic healthcare, a place to get yourself moving, get fit, detox – and bag a nice sun tan in the bargain too. For those that have yet to make this trip, Sri Lanka can be hot, hot, hot – food for thought for all those gearing up to face the UK winter ahead.

And if you're going looking for some winter sunshine then why not go the whole way and replicate that summer feeling with some surfing with your yoga, an ever more popular combination these days for many sun-crazed yogis.

If you do fancy trying your yoga with a spot of surfing then you can't go wrong at the Talalla Retreat Sri Lanka (talallaretreat.com).



This beautiful boutique beach hotel and resort offers yoga and yoga facilities alongside a popular surfing programme, although you don't have to venture out on the board if you don't want to (or if you can't swim). Either way, the emphasis here is on total relaxation and luxury, with the centre overlooking an undiscovered beach of calm turquoise seas at the southern tip of the island, close to the village of Gandara. On the yoga side itself, this is a place that attracts top international teachers holding retreats throughout the year; for surfers, Talalla is near one of Sri Lanka's most consistent surfing beach breaks.

And small is most definitely beautiful in this case. There are only 32 spacious and beautifully presented rooms here, located within small villas dotted around the four acre estate, just metres from the beach. Inside the rooms, you'll find open-air marble bathrooms, private patios and great views. The retreat also offers a 20 metre freshwater lap pool, a custom built yoga pavilion, spa facilities, a gourmet open-air restaurant and wireless broadband.

If you're looking for a more physical yoga experience then try Ashtanga Lanka (ashtangalanka.com) at Rocky Point, where the sun rises from the Indian Ocean (make sure you have your camera ready). The resort is located in a secluded cove in a small fishing village and also offers

