



Yoga con Karin - Talalla Retreat - Sri Lanka

1st – 11th FEBRUARY 2027

Restore your mind, body and soul in the beautiful Talalla Retreat Centre

YOGA

Monday is the arrival day.

The times of the yoga classes will be Tuesday & Wednesday & Thursday 8.00 – 11.00 & 17.00 - 19.00. Friday is a yoga free day to give you an opportunity to explore the surrounding area. Saturday and Sunday classes are 8.00 – 11.00 and 17.00 - 19.00. On Monday only a morning class 8.00 – 11.00 and on Tuesday only an afternoon class 16 – 19.00. Wednesday we'll practise 8.00 – 11.00 & 17.00 - 19.00 and on Thursday the final morning class 8.00 – 10.00. We will be practising standing, sitting and inverted, as well as restful and restorative postures. Everyone will work within his or her own capability. You will be able to build up a strong foundation for your own practice. The language of instruction is English.

Talalla

Talalla Bay is considered one of the most beautiful areas on the southern coast of Sri Lanka. The Talalla Retreat Centre is located directly on the sea and has great views of the lush tropic gardens and the Indian Ocean. The expansive 7-acre property includes an outdoor freshwater pool, four custom-built yoga spaces, a full-service Ayurvedic spa, and a gourmet open-air restaurant. You may take a swim in the crystal clear water of the Indian Ocean or take a walk along the beach. You may visit a famous local Buddhist temple or take a tuk-tuk to nearby town of Matara which is a great place for a stroll.

ACCOMMODATION & FOOD

The Deluxe rooms are surrounded by lush greenery, are very open plan and have no completely closed walls. All rooms are individually and tastefully designed. They are the perfect place to relax and have privacy whilst still feeling connected to your natural surroundings. These rooms have a four-poster bed, a beautiful open-air ensuite bathroom, and a front decking with space to unwind after your days' adventures or a balcony. Amenities: garden view, private deck, open-air bedroom, private open-air bathroom, desk space, WiFi, mosquito nets, fan. Breakfast, lunch and dinner are included in the price and will be provided by the open-air restaurant of the Talalla Retreat Centre. Local and seasonal produce is used for delicious local and Western dishes.

COST

The yoga course costs €700. The cost for an open-air single room with private bathroom and all the food is US\$1392, a double is US\$991 per person and a triple is US\$857 per person. The rooms must be paid directly to the Talalla Retreat Centre. The transfer from Colombo airport can be organised, it takes 3 hours in an air conditioned van. You Please have a look at the [Talalla website](#) for more pictures and info on the food and accommodation.

CONTACT

Please contact Karin Montali for further information and bookings. Tel: +39-339-5803350 or karin@yogaconkarin.it

