

# Purna Yoga Retreat in Sri Lanka / FAQs

## What yoga style is taught during the retreat?

This is a Purna yoga retreat and you will exclusively practice Purna yoga and Heartfull™ Meditation.

The four pillars of Purna yoga are:

- Alignment based asana
- Heartfull™ Meditation
- Applied Philosophy
- Nutrition & Lifestyle

[More info about Purna Yoga](#)

## Can beginners join?

Beginners are welcome to join, the classes will be adapted to the group needs.

## What's the average size of the group joining the retreat?

There will be a minimum of 12 and a maximum of 20 people

## What is the daily program?

Below a typical day at the retreat:

- 7:00 Morning Yoga (90 minutes)
- Breakfast
- Relax time
- Lunch
- Relax time
- 17:00 Afternoon yoga class (60 minutes)
- Dinner
- 21:00 Meditation (30 minutes)

What type of food will there be during the retreat? I have a specific dietary need, will there be options?

The restaurant takes pride in its sustainable approach to food, sourcing ingredients and produce from nearby markets and fishing villages. Additionally, many of the resort's herbs and spices are organically grown on the property. Any dietary needs are met.

### Are lunch and dinners included?

The retreat is full-board which means breakfast, lunch and dinner are included in the price.

### Can I share a room with someone else?

Yes, all rooms can be shared (double bed or two single beds arrangement)

### Can we book extra yoga classes during the retreat?

You can book private classes with Nicola for an extra charge of 115€ per 90 min. class.

[Book a private class](#)

### Are yoga mats provided?

Yes, all yoga equipment is provided by Talalla Retreat

### When should I arrive, and when should I plan to leave?

Arrival is recommended on Tuesday, March 11th around lunch time as we will gather at 17:30 same day.

The first yoga class will be held Wednesday, March 12th at 7am.

The retreat ends Tuesday, March 18th (breakfast incl.): in case you leave later during the day, you can have lunch at Talalla at your own cost.

If you are coming on the 6-day tour, the group leaves at 7am on Tuesday, March 18th (breakfast take-away incl.).

### Can I arrive earlier and/or stay later after the yoga retreat ends?

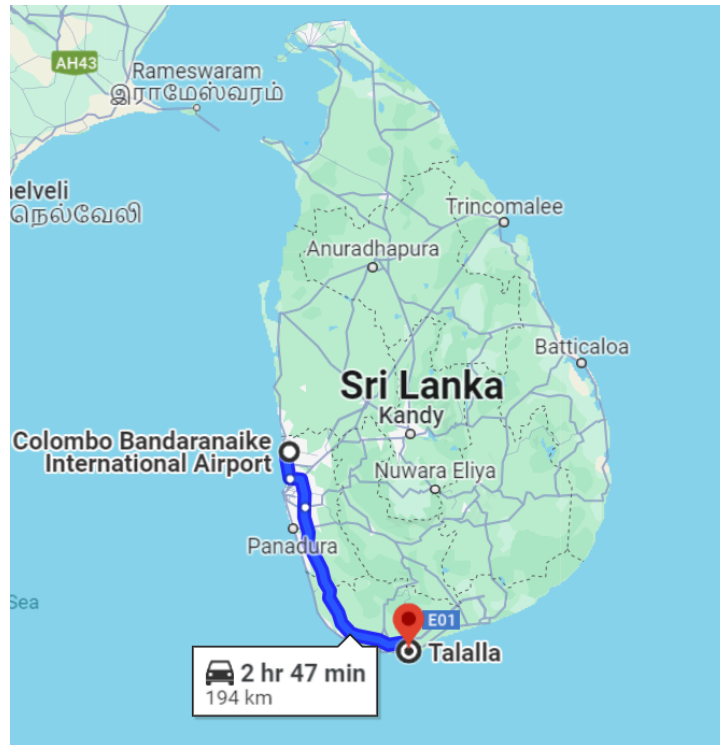
You can arrive earlier and stay later at your own cost.

## What airport should I fly into? How far is the retreat from the airport?

Fly to Colombo Bandaranaike international airport.

Transfer is arranged to Talalla Retreat (~200km) - cost not incl. in the retreat package

Driving time is about 3 hours.



## Do I need to bring a towel for the pool and the beach?

Talalla retreat provides fresh bathroom towels every day. For the beach it's best to bring your own beach towel.

## Is there Wi-Fi?

Yes, Wi-Fi is available in all parts of the resort, rooms included.

## Is there air conditioning?

Since Deluxe Villas are open air there is no air conditioning however all rooms include ceiling fans.

## Is there a safety box in the rooms?

Yes

### How do I book?

Send a booking request to [Nicola](#)

### How much is the deposit and when is the balance due?

Deposit (due at time of booking) - 600€

Accommodation pre-payment (due on January 15, 2025)

150€ - single occupancy

110€ - double occupancy

Accommodation fee remainder (due onsite)

620€ - single occupancy

450€ - double occupancy

### What's the weather like?

In March, Sri Lanka experiences average daily temperatures ranging from 25°C to 32°C (77°F to 90°F). The coastal regions tend to be slightly hotter, with temperatures around 30°C (86°F), while the higher elevations in central Sri Lanka may have cooler temperatures, averaging around 25°C (77°F).

### Currency, credit cards, cash:

We recommend you carry with you Euros in cash as well as your credit card.

Euro notes can be exchanged against Sri Lankan rupees for instance at Colombo airport or alternatively you can withdraw from dedicated ATMs (commissions apply in both cases however more favorable in case of big enough cash exchange).

Note that both accommodation, transport and travel tour are expected to be paid in cash to Sawa Travels (check payment section in the info kit or via [Purna Yoga Helsinki website](#)).

## Electricity voltage and power adapters

European/US style adapters available in the room