

Yoga

RETREAT SRI LANKA

MARCH 11 - 18, 2025



***Hello! I am Nicola Moberg and
your guide for this unique
retreat in Sri Lanka.***

***Let me help you bring the best
out of you through an
explorative journey into Purna
Yoga and meditation ❤️***

*Talalla Retreat offers just that, a retreat from
your everyday life amidst beautiful Sri Lankan
nature and pristine, white sandy beaches.
Talalla's beachfront resort in the southern part
of the island remains a hidden gem and is only
regularly visited by the local fishermen during
their daily fishing trips.*

Rejuvenate your soul

Your HOSTS

NICOLA

I'll be your guide for yoga and meditation during this retreat. Let me share a bit about myself: my journey with yoga began in 2001, and since then, it has become not just a practice but a way of life for me. Before motherhood, I embarked on adventures across the globe, immersing myself in different cultures and teachings.



Visiting tropical countries, feeling the warm breeze on my skin, each journey felt like a rebirth, connecting me deeply with the fauna and surrounding environment, exposing me to a different way of life. These experiences instilled in me a profound connection with the Earth, grounding me in the elements and fostering a sense of belonging wherever I traveled.

Now, with over 20 years of experience studying and teaching yoga in Finland and Spain, I'm eager to share my knowledge with the world. Alongside Nataša and Sadun, we're thrilled to accompany you on an unforgettable journey, where you'll have the opportunity to rejuvenate your soul and fall in love with the enchanting beauty of this island paradise.

During our time together at the luxurious Talalla Retreat Center, I'll lead you through daily Purna Yoga and Meditation classes. Together, we'll explore what it truly means to be grounded, forging a deep connection with the elements and building focus amidst the lush surroundings. This experience will not only nourish your individual practice but also foster a sense of community, sparking new friendships and meaningful interactions with others.

Prepare for an out-of-the-box experience, 9,216 km away from home, as we embark on a journey spanning continents. From the vibrant culture to the tantalizing cuisine and warm weather, every aspect of this journey promises to be a rich and transformative experience.

Your HOSTS

NATAŠA

I will be your contact point when it comes to travelling in Sri Lanka. I am a Slovene living in Finland for 30 years and practicing yoga since 1999 (last 4 years at Purna Yoga studio in Helsinki).

I have also studied Ayurveda and learned something about the philosophy behind yoga.

In 2017, I visited Sri Lanka for the first time and fell in love with the country, its people, culture and stunning landscapes including the rich variety of flora and fauna.

I traveled again to Sri Lanka, first as a volunteer working in an afternoon school and next, teaching yoga in a hotel in Hikkaduwa.

The cultural atmosphere in Sri Lanka is just ideal for a yoga retreat! One can feel it through Sri Lankan people, who live in their everyday life, the traditions and the ideals of yoga and Ayurveda, the ancient science of life.

By organizing this trip together with Nicola and Sadun, I hope to be able to convey at least a small part of the wisdom this beautiful tropical island has to offer. I will be your cultural translator through the retreat and tour times.

Welcome to join us on this unforgettable adventure of a lifetime!



Your HOSTS



SADUN

I am from Sri Lanka and I have been working within the tourism industry as a tour guide, tour operator and for different services providers for more than 14 years.

I own the travel agency called Sawa Travels whose vision is to convey the spirit of Sri Lanka. It is more than just a travel agency.

I strive to bring you a world of possibilities and fulfill your desires in a discerning manner. As a proud tour operator in Sri Lanka, my expertise lies in seamlessly managing all aspects of your travel, from transportation, accommodation to exhilarating excursions, captivating MICE (Meetings, Incentives, Conferences , and Exhibitions) arrangements, and also representing esteemed cruise lines. I ensure an unforgettable and hassle-free travel experience.

I wish to be your companion on this extraordinary voyage, as I unlock for you the boundless wonders of Sri Lanka and beyond.

Thank you and welcome to Sri Lanka!

Yoga RETREAT

March 11 - 18, 2025

- Yoga and Meditation Retreat - Talalla Retreat in the Matara district on to the south coast of Sri Lanka.

During our time at Talalla you will get to experience:

- DAILY YOGA AND MEDITATION CLASSES - with Purna Yoga teacher Nicola Moberg (Retreat Program below)
- DINE AT TALALLA'S OPEN-AIR RESTAURANT - where only the finest local and seasonal produce is used - Full board package (breakfast, lunch and dinner)
- RELAX - by the pool (in your Deluxe room) or at the beach
- INDULGE - Spa with Ayurveda treatments, massages, body scrubs and much more
- EXPERIENCE - surfing
- DAY TRIP - nearby excursions, whale watching



RETREAT Rooms

*Yoga began with the first person wanting to be healthy and happy all the time.
- Sri Swami Satchidananda*

Ground and 1st Floor Deluxe Rooms

Both room types can be occupied as single or double

Ground Floor Deluxe Rooms are the perfect place to relax and have privacy whilst still feeling connected to your jungle surroundings. Rooms have a beautiful open-air ensuite bathroom with door, and a front decking. Some rooms are with pool view while others with a more quiet garden view.

Living Area - 20 m² - Balcony - 9 m² - Bathroom - 9.5 m²



First Floor Deluxe Rooms, have an expansive open-air bathroom with curtain, a private balcony, and a view through the palm trees. First floor rooms are perfect for relaxing and connecting with nature. Some rooms are with pool view while others with a more quiet garden view.

Living Area - 20 m² - Balcony - 9 m² - Bathroom - 9.5 m²



RETREAT Rooms

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.

- B.K.S. Iyengar

	GROUND FLOOR Deluxe Room	FIRST FLOOR Deluxe Room
Garden or pool view	✓	✓
Double or Single occupancy	✓	✓
Open air bathroom	✓	✓
Desk	✓	✓
Mosquito net - Fan WiFi - Safe	✓	✓
Private Deck	✓	
Private Balcony		✓
Bathroom door	✓	
Bathroom curtain		✓
Open air bedroom		✓

RETREAT

Program

TUESDAY 11.3

- Arrive at Talalla Retreat (during the day)
- Lunch - depending on time of arrival
- 17:30 Welcome gathering - let's get to know each other
- Dinner

WEDNESDAY 12.3

- 7:00 Morning Yoga 90 minutes
- Breakfast
- Relax time
- Lunch
- 16:00 Discovering Your Inner Guidance 2-hour workshop
- Dinner
- 21:00 Meditation 30 minutes

THURSDAY 13.3

- 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

FRIDAY 14.3

- 5:00 Departure for Whale watching by bus (take-away breakfast)
- 6:00 Boat leaves from Mirissa harbour
- Lunch at Talalla Retreat
- Relax time
- 17:00 Afternoon yoga class 60 minutes
- Dinner
- 21:00 Meditation 30 minutes

RETREAT

Program

SATURDAY 15.3

- 7:00 Morning Yoga 90 minutes
- Breakfast
- Relax time
- Lunch
- FREE afternoon
- Dinner
- 21:00 Meditation 30 minutes

SUNDAY 16.3

- 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

MONDAY 17.3

- 7:00 Morning Yoga 90 minutes
- Breakfast
- Relax time
- Lunch
- Relax time
- 16:30 Farewell yoga class 90 minutes
- Festive dinner
- 21:00 Meditation 30 minutes

TUESDAY 18.3

- Breakfast
- Departure from Talalla Retreat
- Start 6 Day Tour or Flight home

RETREAT

Yoga Practice

REFRESHING MORNING YOGA CLASS 7- 8:30

The Morning practice includes a series of exercises to help strengthen and balance the body. We work with a variety of postures, inversions and twists to help detoxify and release the spine. We aim to bring joy and vibrancy to your Sri Lanka mornings, leaving you feeling energized and ready for the day ahead.

EMPOWERING AFTERNOON YOGA CLASS 17-18

Balance your body and mind with a nurturing Purna Yoga practice that combines postures, breath, a guided meditation, and a quiet relaxation. During this retreat, it's all about empowering you to explore, express, and align with your true self.

DISCOVERING YOUR INNER GUIDANCE THROUGH HEARTFULL® MEDITATION 2-HOUR WORKSHOP (12.3.2025)

All day, every day, we make decisions, and these decisions govern the quality of the life that we lead. As important as our choices are, the decision-making process is relatively unexplored for most of us. We make decisions based on habit, emotion, poor analysis of limited information, and subject to the pressures of a world that often does not have our best interests at heart. All the while, each of us holds inside a wise and loving counsel, ready to guide us in each moment. We only have to learn to access and listen to that inner voice throughout the day. As you deepen your relationship with your inner guide, your decisions will become better, and, with your decisions, your life.

EVENING MEDITATION 21-21:30

If you want to reduce stress and get in touch with your inner wisdom, Heartfull® Meditation evenings offer an effective and empowering way to do so.

RETREAT

Full board

At Talalla's open-air restaurant, guests can enjoy a dining experience where the emphasis is on utilizing the finest local and seasonal produce to create delicious local and Western dishes. Visitors can savor gourmet flavors while sipping on a king coconut and basking in the gentle sea breeze. The restaurant offers a stunning setting where vibrant tropical fruit, crisp seasonal vegetables, and fresh local seafood play integral roles in both traditional Sri Lankan delicacies and international favorites.

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. Guests have the opportunity to dine just steps away from the ocean, enhancing the overall dining experience.

BREAKFAST IS SERVED FROM 7:00- 10:00

LUNCH IS SERVED FROM 12:00- 15:00

If opting for a late breakfast, we recommend a light lunch notably on Wednesday March 12 with our workshop starting at 16:00

DINNER IS SERVED FROM 18:30-21:30

+

RETREAT Pricing

*"True yoga is not about the shape of your body, but the shape of your life.
Yoga is not to be performed; yoga is to be lived.
Yoga doesn't care about what you have been;
yoga cares about the person you are becoming.
Yoga is designed for a vast and profound purpose,
and for it to be truly called yoga, its essence must be embodied."
~Aadil Palkhivala, Fire of Love*

RETREAT TOTAL PRICE (YOGA+ACCOMMODATION)

SINGLE OCCUPANCY - 1.370€

DOUBLE OCCUPANCY - 1.160€

WHAT IS INCLUDED?

7 Nights at Talalla Retreat in Deluxe Villa Room

Full board (breakfast, lunch and dinner with tea, coffee and water available all day)

Daily Yoga Classes

2-hour Workshop

Daily Meditations

WHAT IS NOT INCLUDED?

Flight tickets and Visa

Transportation from and to the airport (will be organised for you)

Day trips

Resort treatments

Surfing

Other possible activities offered by Talalla Retreat

6 Day Round Tour Sri Lanka (18.- 23.3.2025) + fees - ask Nataša for more information

RETREAT

Payment

"Who looks outside, dreams; who looks inside, awakes."
-Carl Jung

HOW TO BOOK AND PAY?

Send a booking request to Nicola:
nicola@purnayoga.fi

RETREAT BOOKING - AT SIGN UP

Due with initial retreat booking
600€ (non-refundable)

PURNA YOGA HELSINKI
NORDEA
IBAN FI15 1544 3000 0484 34

ACCOMMODATION BOOKING - DUE 15.1.2025

150€ - Single occupancy
110€ - Double occupancy

SAWA TRAVELS
via bank/details tbd

ACCOMMODATION BOOKING (REMAINDER) - DUE ON SITE

620€ - Single occupancy
450€ - Double occupancy

SAWA TRAVELS
in cash (€) or bank transfer

DAY TRIP DURING THE RETREAT



FRIDAY 14.3.2025

Whale watching day trip to Mirissa

- Leaving from Talalla at 5:00 for a private whale watching boat trip
- Take-away breakfast
- Return to Talalla early afternoon

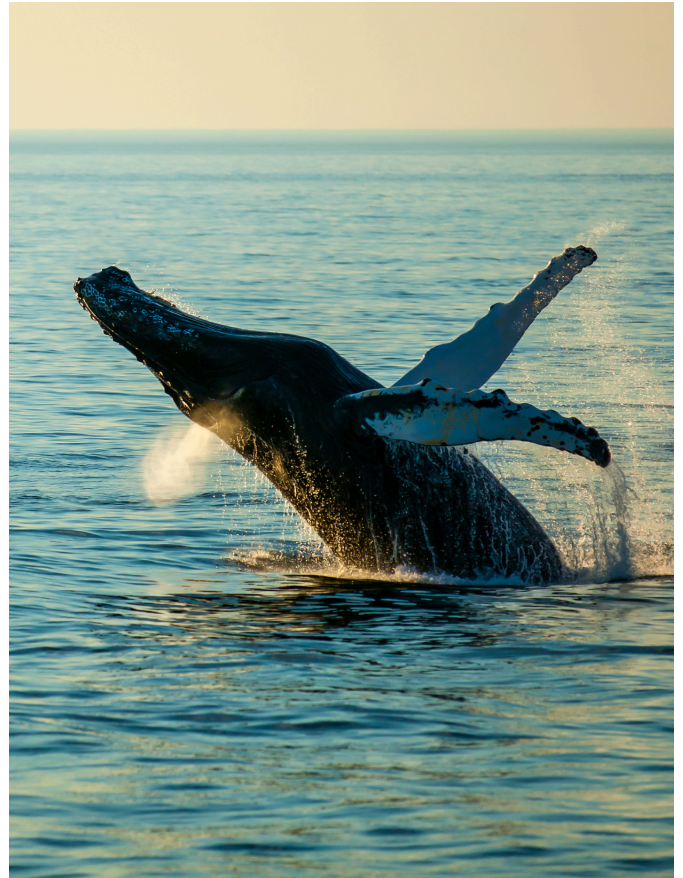
Pricing:

Tour fee (45€ per person in cash)

Transfers (15€ per person in cash)

Prices subject to changes

Lunch upon return to Talalla early afternoon



BLUE WHALES

Did you know that one of the best places in the world to see blue whales is Mirissa in Sri Lanka?

The blue whale is the biggest animal in the world.

Blue whales migrate during October to April from the south cold polar waters (Antarctica) to the warm tropical north waters (Sri Lanka) for breeding and during May to September they migrate from the warmer waters to colder waters for feeding.

Blue whales and sperm whales are the loudest animals in the world. They can produce loud whistling calls that reach up to 188 db and 230 db.

Whale watching trip in Mirissa can take up to 5 hours.

Practical Information

TRAVEL INSURANCE

All participants take care of their own travel insurance.

FLYING TO SRI LANKA

Both Qatar Airways (via Doha) and Turkish Airlines (via Istanbul) offer the best flight connections from Helsinki.

Flight bookings are to be done upon confirmation of the retreat by the organizer (15 October 2024). A notification will be sent to you

TRANSFER AIRPORT -TALALLA RETREAT - AIRPORT

Overall cost to be divided per number of PAX and single transfer:

1-3 PAX (car) = 110€

4-10 PAX (van) = 125€

11-20 PAX (bus) = 210€

Payment in cash

VISA

We recommend you read the visa conditions to enter Sri Lanka (<https://www.srilankaevisa.lk>)

All visitors need an E-visa (online application). Note that your passport must be valid for six months from expected date of departure from Sri Lanka.

MONEY & PAYMENTS

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 favourable 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).

WHAT TO PACK?

In Talalla you will need light and breathable clothing, flip flops are best shoes. Hat and mosquito protection are recommended. Swimsuit and towel as well as light yoga clothing.

All yoga equipment will be provided.

For the day trip take along good light walking shoes and some long sleeves in case of sea wind.

KEY CONTACTS

For more information about the **retreat**:

Nicola Moberg

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For more information about the **tours and Sri Lanka**:

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