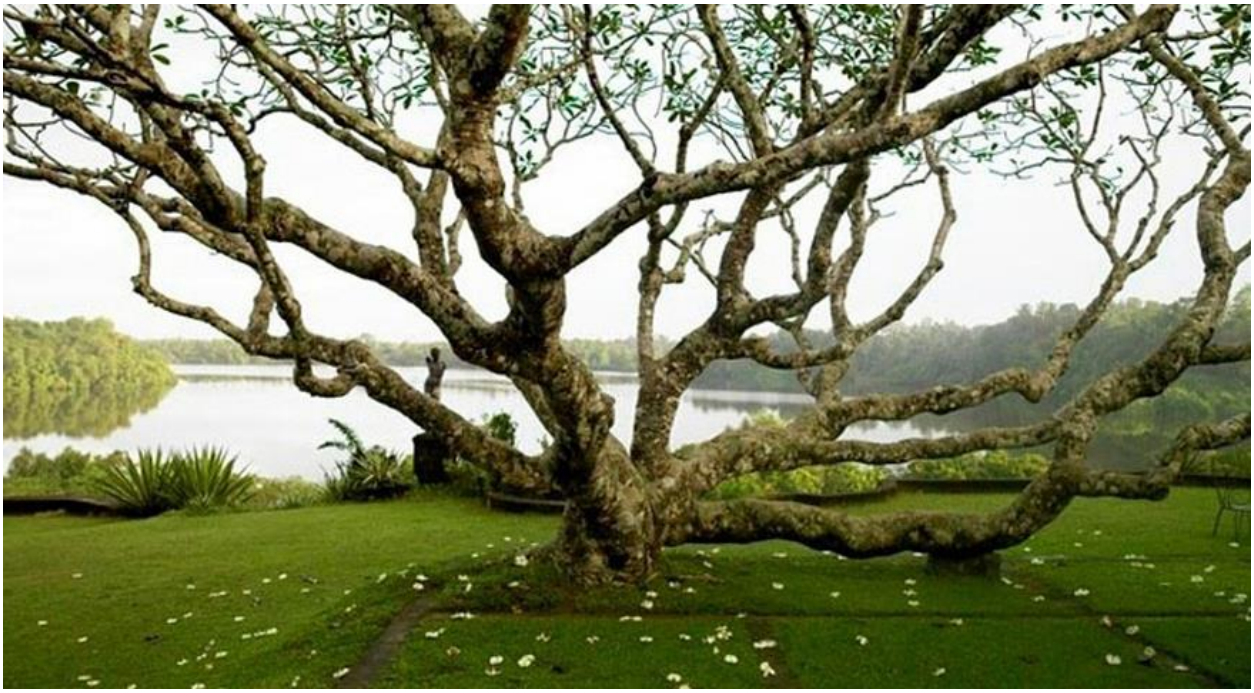
Retreat only for women
"Journey to yourself"

10.01 - 20.01.2020 | SRI LANKA



Join Ana in Sri Lanka for a 10-days women only retreat.

YOGA
MEDITATIONS
BREATHING TECHNIQUES
WOMEN-SPECIFIC PRACTICES
MASSAGES
HEALING
ATTENTION

SHOPPING IN GALLE FORT
ACCOMMODATION IN UYANA BOUTIQUE RETREAT & HOTEL, LUXURIOUS AND UNIQUE
VEGAN / VEGETARIAN KITCHEN AND GRILL PARTY (WITH FISH AND MEAT)
TALKING TO SOULS
DANCING – SONGS - HAVING FUN.

WHAT DO EXPECT

The main program covers the following topics in English:

Vinyasa Yoga morning and evening
Vinyasa is a yoga style that is characterized by stringing postures together so that one moves seamlessly from one to the other. In summary, Vinyasa is a breath initiated practice that combines every action of our lives with the intention of moving towards what is most important to us.

One Reiki session including post-session counseling.
Reiki is an ancient Japanese healing art, which tries to use the inexhaustible life energy of the universe for a revitalizing and healing effect on body, soul and spirit by laying on hands.

Pranayama
Techniques and exercises to regulate the breath.
1-2 voice yoga sessions including counselling

Anapanasati
Anapansati means "mindfulness of breathing" and is a form of Buddhist meditation originally taught by Gautama Buddha. Simply defined, Anapanasati is supposed to feel the sensations caused by the breathing movements in the body.

One session Yoga Nidra
In Yoga Nidra, meditation brings about a state of consciousness that is between waking up and sleeping. The purpose is to anchor desires and goals better in our subconscious.

Free Dance
Individual or group dance
Tantric dance

BEYOND

Excursions always in the afternoon/evening, optional and at no extra cost:
Visit to the Peace Pagoda followed by meditation. Before going back to the UYANA we go to the chanting guided by a Buddhist monk who accompanies us with drums.

Visit of a turtle orphanage. There you will learn more about these fascinating animals and may help a baby turtle to return to the sea.

Of course we will visit a small tea plantation with tea tasting.

UYANA has organized a surf lesson for you at Kabalana Beach.

We undertake a short boat trip on the Koggala lake and visit a monastery.

Shopping and culture in Galle Fort

Sunset at Devol Devalaya Temple Unawatuna - followed by dinner at the beach

Barbecue Night at UYANA with Dance

WHAT TO BRING

Comfortable, breathable clothing for moving, dancing, yoga etc.
One white outfit
Swimwear and two sarongs
Open mind and open heart

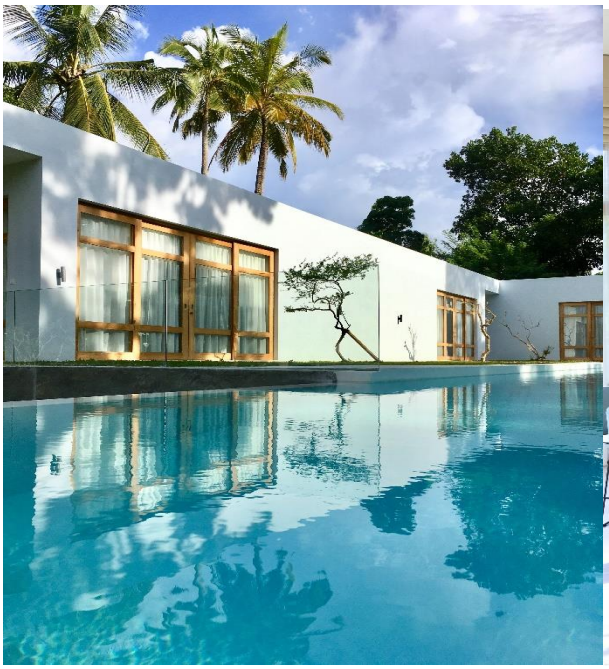
ABOUT ANA:

After studying psychology and several years working in this science in Moscow, Ana decided to devote herself completely to yoga and spirituality.

After travelling and training in Nepal, India, Malaysia, Bali and Sri Lanka, Ana now lives and works in Sri Lanka. She speaks Russian and English and teaches in these languages.

Her strengths are the teaching of Hatha Yoga, Kundalini Yoga, breathing techniques, simple and advanced Vinyasa flows and Asanas combined with breathing techniques. Ana is also a certified Reiki healer and understands various meditation techniques up to the Yoga Nidra meditation technique.

Accommodation 1 luxurious
UYANA Boutique Hotel & Retreat



UYANA do not only indulge you with our tastefully and modern furnished, generously dimensioned suites. Enjoy our 4000 m2 large garden with special places to relax. Smell and enjoy the many different flowers, trees and shrubs. Let your eyes wander over the picturesque rice field while you walk and meditate in the garden. Watch all kinds of exotic birds and listen to their singing.

Refresh yourself with a fruit juice. Swim in our 25 meter pool or do nothing in the shade of trees, specially planted for this purpose on the pool deck.

Accommodation 2 budget
KABALANA

For participants who would like to save their budget for the overnight stay, we offer an overnight stay in a partner hotel. The hotel is clean, very new and has spacious, rather simple rooms with AC. Only four double rooms are available.

DATES & PRICES:

10. January (arrival) – 20. January (departure) 2020, Sri Lanka

Accommodation at UYANA luxurious:
8 - Day Training 11. January - 19. January 2020 and 10 nights' accommodation full board:

- Early bird price – USD 1'000 per person for 10 nights. Ends: 10. December 2019
- Regular price - CHF 1'150 per person for 10 nights

Accommodation at KABALANA budget:
8 - Day Training 11. January - 19. January 2020 and 10 nights' accommodation full board:

- Early bird price - USD 885 per person for 10 nights. Ends: 10. December 2019
- Regular price - USD 950 per person for 10 nights

INCLUDED:

8 days of Yoga Women Only experience with Ana at UYANA
Healthy, nutritious food (vegetarian and vegan food) for all guests at UYANA
10 nights' Accommodation in double rooms and one twin room at UYANA and/or KABALANA
Unique life changing experience
All-day breakfast (for all guests at UYANA)
Free Wi-Fi
Cleaning service
Toiletries
Percale bed linen 300 (only at UYANA)
Included in the price are excursions to sights and monasteries in the surrounding area.

PAYMENT INFO:

To secure your spot you will need to pay up front a deposit of 50% of the total amount per person for 10 nights (non-refundable). If you would like to book the early-bird offer, the total amount is due (non-refundable).
Bookable only on www.uyana.lk secure booking VISA and Mastercard

Please Note: *On the first day of arrival, January 10th, there will be no training. Dinner, light lunch, welcome fruits and juices are included. On departure date, January 20th, there will be no training. Breakfast and light lunch are included. Teaching takes place in English.*

Limited spaces, secure yours now!

CONTACT INFO:

For any extra info, questions or before you make the booking feel free to contact:

Event organizer:
Andreas Gloor
+94 76 447 43 96
uyana.info@gmail.com
www.uyana.lk

UYANA Boutique Retreat & Hotel, Gurukanda, Kathaluwa, Ahangama, Sri Lanka
Instagram #uyanalk @uyanalk