

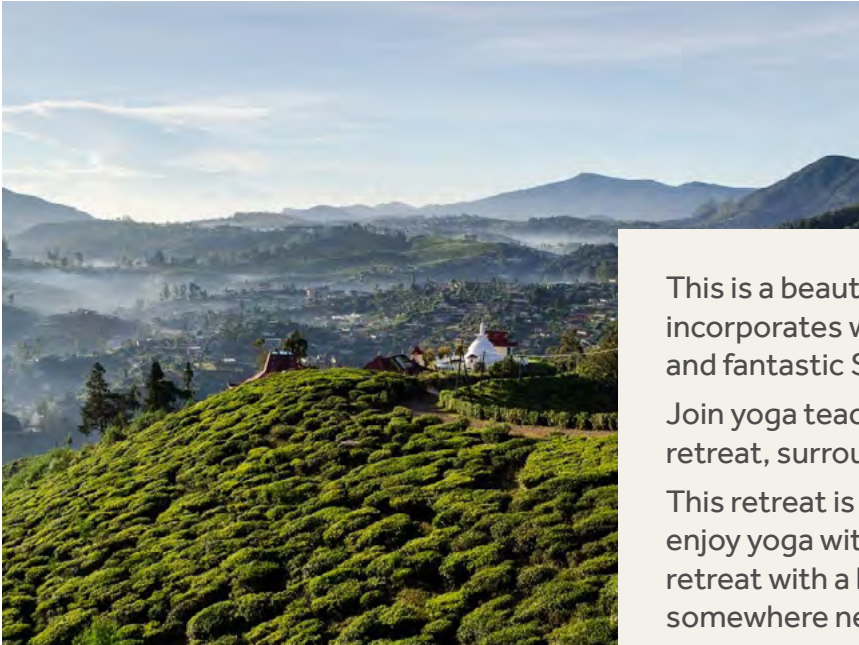
SRI LANKA YOGA RETREAT

with LUCY BISHOP

JANUARY
09TH - 18TH
2025



Join this tropical
retreat in paradise
with daily yoga
sessions, local
cuisine and
wonderful
excursions.



A VIBRANT AND TROPICAL RETREAT IN SRI LANKA.

This is a beautiful yoga escape that incorporates wonderful excursions, daily yoga and fantastic Sri Lankan cuisine.

Join yoga teacher Lucy Bishop for a beautiful retreat, surrounded by nature.

This retreat is perfect for those who want to enjoy yoga with Lucy, experience a tropical retreat with a little adventure and perhaps visit somewhere new!

Through daily sessions including yoga, breathwork and restorative you'll bring balance into your life and come away feeling refreshed and rejuvenated.

Set over 10 days and 9 nights this superb and luxurious wellness holiday will take place at Sri Devi; a fantastic quiet retreat centre surrounded by lush jungle. Here you can enjoy a pool, and each guest or pairing will have their own extra large villa to stay in along with a terrace for outdoor relaxation.



There is a timetable on offer including yoga, meditation and sound healing classes plus optional excursions for you to immerse yourself in the beauty of Sri Lanka. You'll be able to spot extraordinary wildlife, taste great cuisine and relax in an exotic island in the Indian Ocean.





YOUR HOST - LUCY BISHOP

Lucy is an inclusive yoga teacher and movement specialist who has been teaching yoga since 2015. She loves working with students of all shapes and sizes, ages and abilities. Her aim is to help people feel strong and empowered in a fun and inclusive space through her experience of yoga in a bigger body. Her classes focus on connecting breath to movement with creative flows, pranayama and modifications for a range of abilities and body sizes so everyone can have fun flowing together!

Lucy believes all bodies can and should move in a way that makes them feel good. That movement is joyful and should not be a punishment for not being able to fit into a pair of jeans or the take away you had last night. SOD THAT.

CLIENT TESTIMONIALS



I've loved being taught yoga by Lucy B. The classes are relaxed and supportive, with a mixture of abilities and freedom to go at your own pace. I've never laughed in a yoga class this much, which is really fun and refreshing! I'm learning so much, and feeling so much more connected to my body.

After months of yoga via YouTube, it's an absolute joy to practice yoga with Lucy. She's an incredible teacher who leads a creative flowing practice in a beautiful setting! The classes are so welcoming for all abilities, Lucy creates a safe space for all, making the yoga classes fun, relaxing and a workout too!



.....
- PATRICIA, LONDON

THE VENUE

Located on the South West coast of Sri Lanka is Sri Devi near Unawatuna. It's a fantastic spot, located in a quiet rural spot and close to great beaches.

SRI DEVI

You'll stay at a quiet, private venue away from hustle and bustle.

Each large, spacious villa sleeps 1 or 2 guests. There's a beautiful blue pool, plus plenty of quiet spaces to relax. You can wander the gardens and find a quiet spot to read a book, listen to the tropical birds and enjoy a refreshing juice.



MAKAHIYA FITNESS

Additionally, guests will have access to a second partner venue if they wish to use their facilities. This will include a huge pool, a cafe where they serve juices, smoothies, coffee and delicious protein pancakes. There's also a small beauty shop, a nail bar and a sports recovery room with massage and cryotherapy on offer.

Extra classes which are optional can also be taken here in the open air including CrossFit, HIIT workouts and mobility.



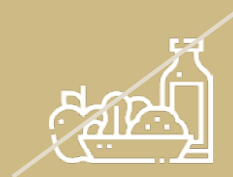
WHAT'S INCLUDED

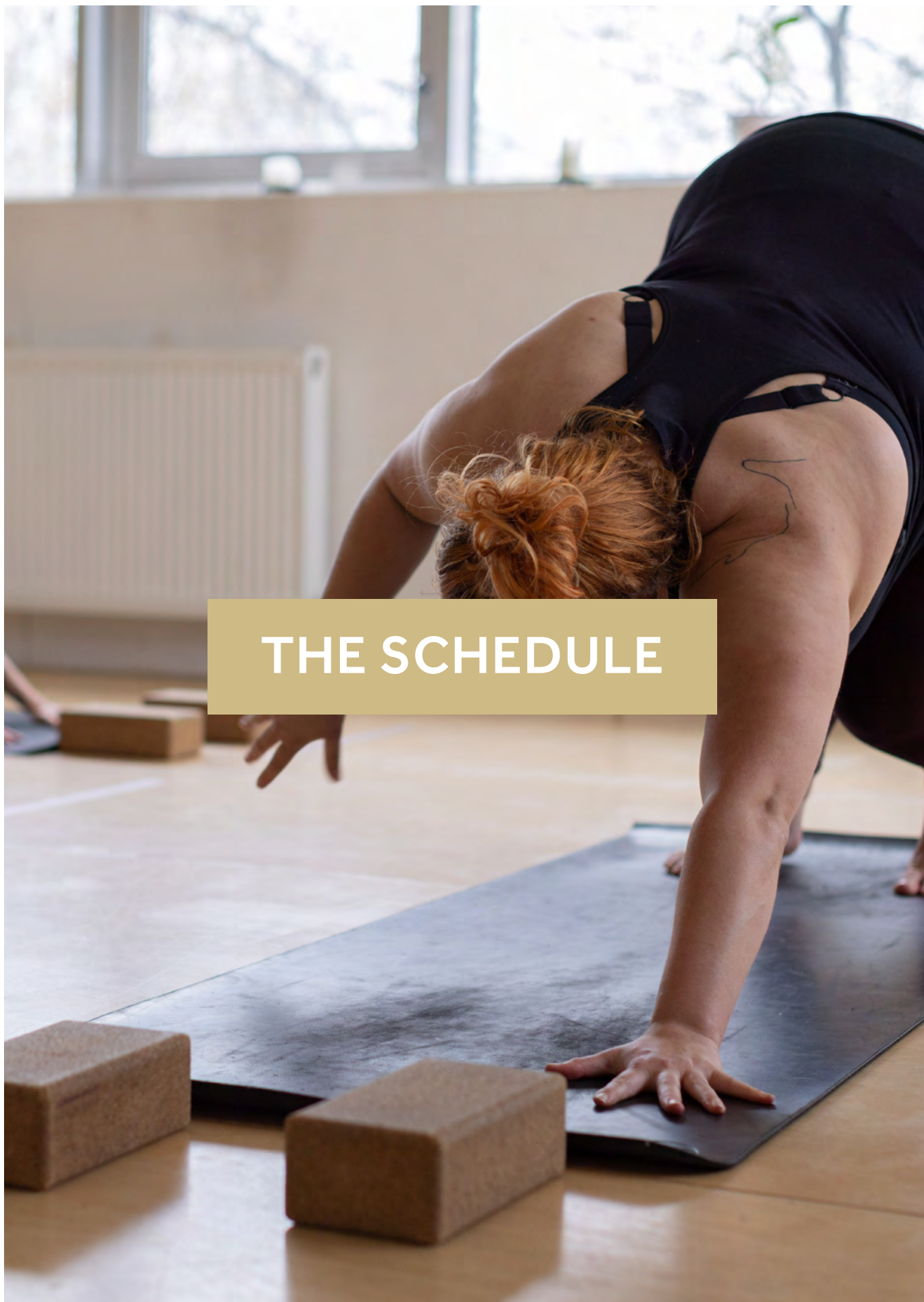
- A full yoga timetable of varying classes to enhance your practice.
- Luxury stay at Sri Devi Retreat Centre, including private use of all facilities and amenities for our yoga group (includes pool, relaxation areas, gardens and more).
- Brunch every morning and dinner every evening at Sri Devi. (You'll have the chance to enjoy dinner by the ocean on two occasions at local restaurants, not included).
- Travel support and help with your booking. Will is going to send out a flight/travel itinerary and co-ordinate your transport from airport to venue. Everything will be taken care of from the moment you arrive.
- Trips are arranged regularly throughout the retreat (two trips, a temple visit and garden tour) are included and further trips are available too.



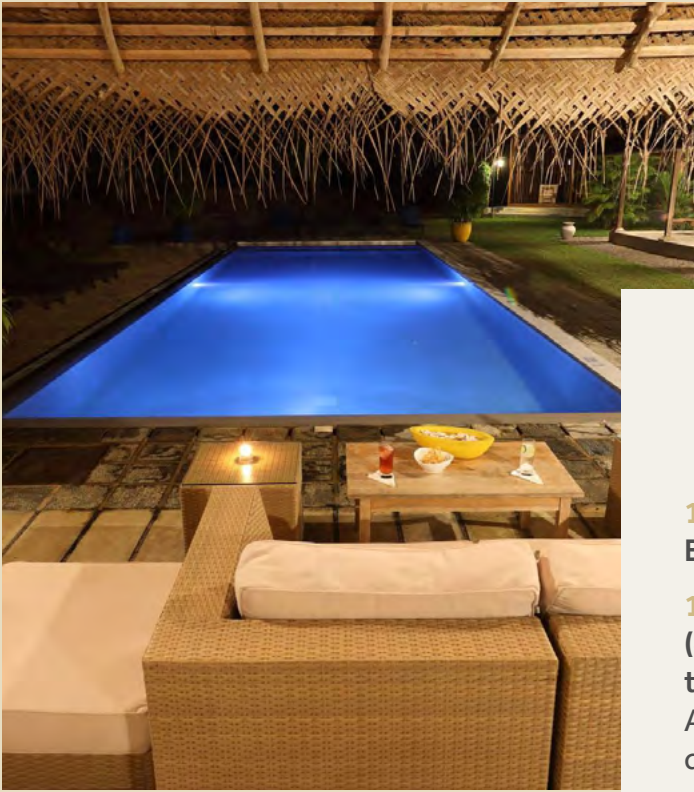
WHAT ISN'T INCLUDED

- Flight expenses are not included in the retreat cost. Guests can arrange their own flights to Sri Lanka according to their length of stay.
- Additional extras such as therapeutic massages, a beachfront dinner, alcoholic beverages are not included. The trips will be optional and arranged for you, but incur an extra cost. A day out with lunch will typically cost around £25-£35.
- Lunch isn't included. You can add on extra drinks and snacks if you wish.





THE SCHEDULE



THURSDAY

12.00 - 13.00: Arrive in Colombo Sri Bandaranaike Intl Airport

13.30: Transfer to Sri Devi retreat centre (complimentary, air conditioned minivan transfer included).

A free afternoon to relax, take a nap or head down to the beach for a cocktail at sunset.

18.00: Dinner served at Sri Devi

FRIDAY

07.00 - 08.30: Morning Yoga

09.00: Breakfast

11.30: Angel Beach

18.30: Dinner at Sri Devi



SATURDAY

07.00: Morning Yoga Flow

09.00: Breakfast

10.45: Free time

Explore, take a trip to a local beach or simply read a book and relax by the pool.

16.30: Flow & Restore

19.00: Dinner in Galle

SUNDAY

07.00: Morning Yoga Flow

09.00: Breakfast

11.00: Bike tour (2hrs)

15.30: Yoga

19.00: Dinner at Sri Devi

MONDAY

07.00: Yoga

09.00: Breakfast

16.00: Beach day

Abode by the beach, Ahangama. Enjoy cocktails, snacks and dinner on the beach. This is a great spot to catch the sunset!

21.00: Return to Sri Devi

TUESDAY

07.00: Yoga

09.00: Breakfast

10.45 - 13.45: Trip to Cinnamon Island and Koggala Lake

15.00: Yoga

18.00: Dinner at Sri Devi

WEDNESDAY

07.30: Yoga

09.00: Breakfast

16.00: Sri Lanka sunset cruise

Enjoy a beautiful cruise around various bays just off the South Coast of Sri Lanka. There will be drinks and snacks served on board with time to swim and take in some great views.

18.00: Ahangama

THURSDAY

07.00: Morning Yoga

09.00: Breakfast

11.00: Buddhist temple visit

16.00: Sound healing session with Elspeth

Enjoy a relaxing yin class accompanied by live sounds and percussion from crystal singing bowls. The vibrations promote rest and relaxation for the nervous system.

18.30: Dinner at Sri Devi

FRIDAY

07.00: Yoga

09.00: Breakfast

11.30: Visit Priyankaras Garden

18.00: Drinks and farewell dinner

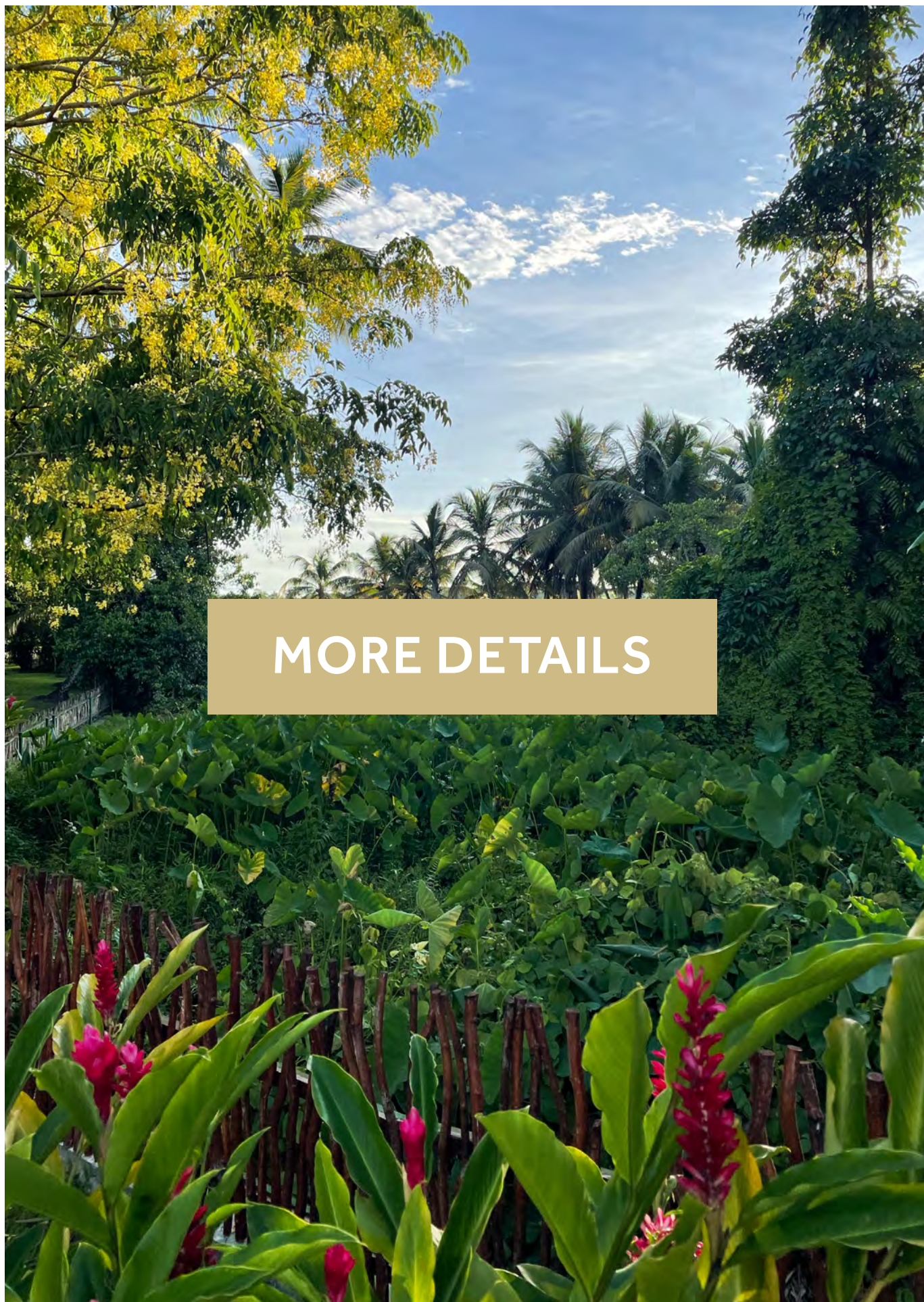
SATURDAY

08.00: Breakfast

09.00: Departures

WHAT TO BRING

- Yogamats will be provided, but if you'd rather bring your own, then please do.
- Yoga clothes, sturdy shoes for a longer walk, sandals/flip flops
- Sun cream
- Sun hat and sunglasses
- Electrolytes/hydration capsules optional
- Shoulder covering top or shawl for temple visit (optional)
- Swimwear
- Sweat towel and beach towel
- Sleep essentials: eye mask, ear plugs, etc
- Reusable water bottle
- Please bring cash GBP which you can change in Sri Lanka
- Plug adapter suitable for Sri Lanka or India (some plugs accept EU / UK)
- Notepad and pen
- All beds are fitted with mosquito protective nets. Please bring cream/repellent if you are susceptible to insect bites/reactions. The venue also has a supply of repellent.



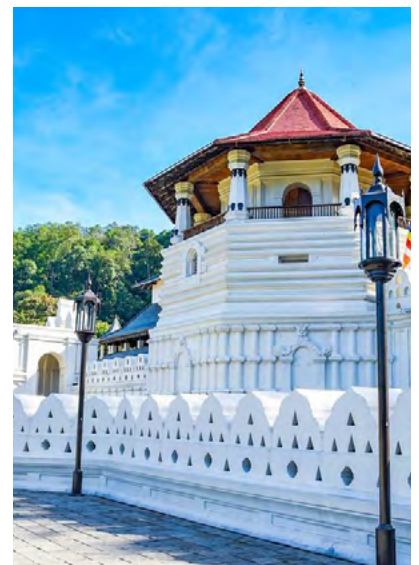
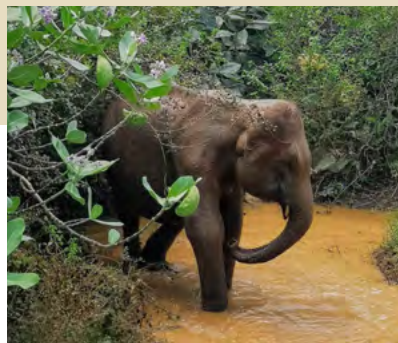
MORE DETAILS



A DAY IN THE RETREAT

You'll spend the days relaxing by the pool or out and about, like a tropical trip to the rainforest. Sri Lanka is an island with so much to offer; the wildlife is particularly enchanting. A trip to Yala National Park to spot elephants, leopards and other creatures in their natural habitat is a great day out. The retreat brings together wellness, food and nature in a beautiful region of South Asia.

This retreat offers you the chance of total tranquility and relaxation in the private grounds of Sri Devi. You can enjoy as many day trips as you wish, or stillness if you wish to stay closer to the venue. Trips include those mentioned in the itinerary like the rainforest, buddhist temple, Wijaya beach, beachfront dinner and safari. As well as this, a pair of TukTuks will always be available at the venue if you wish to take a short ride to the beach or local village.





FOOD & DRINK

Sri Devi's mouthwatering dishes cater for everyone; fish, vegetarian and meat diets can be catered for. .

Every breakfast/dinner at Sri Devi is included.

BREAKFAST AT SRI DEVI:

Each morning you'll enjoy a huge breakfast array from local fruits to other traditional Sri Lankan fayre.

First off, a fruit platter consisting of fresh mango, papaya, lime, watermelon, banana and passionfruit. This is followed by curd and treacle, toast and preserves. You will then be served the main breakfast which consists of Sri Lankan omelettes, egg hoppers, string rice hoppers and other typical breakfast dishes from this region in Sri Lanka. It is delicious! Tea, coffee, and fresh coconut water are served.

DINNER AT SRI DEVI:

You'll be served a variety of fabulous sri lankan dishes. Plenty of colourful and seasonal vegetables in a variety of curries. Meat and fish can also be served if you wish. The evening meal consists of a starter, main course and dessert.

BEACHFRONT DINNER:

Over the 10 days there will be three fantastic places to eat out too, such as beachfront dinners to enjoy the ocean breeze and take in some colourful sunsets. Here you can enjoy Sri Lankan/world food and drinks.

Dinner by the beach will cost approximately £12-20 (based on a main meal, side and an alcoholic drink).

LUNCHES:

A lunch and specialty coffee menu is available 11.00-14.00. You can enjoy a freshly made salad or wrap (fish, veggie, halloumi) and to drink a delicious golden milk (fresh coconut milk, turmeric, black pepper and spices). In the afternoon, try a refreshing pick up, a fresh lime and mint crush.

If you're out and about there are some fab coffee shops/cafes to try and more details on these and how to find them will be provided at the venue.

A typical Sri Devi lunch, snack and drink will cost approximately £6-8.



ACCOMMODATION & PRICING

PRICES PER PERSON*

LUXURY PRIVATE VILLA

£1860 PP

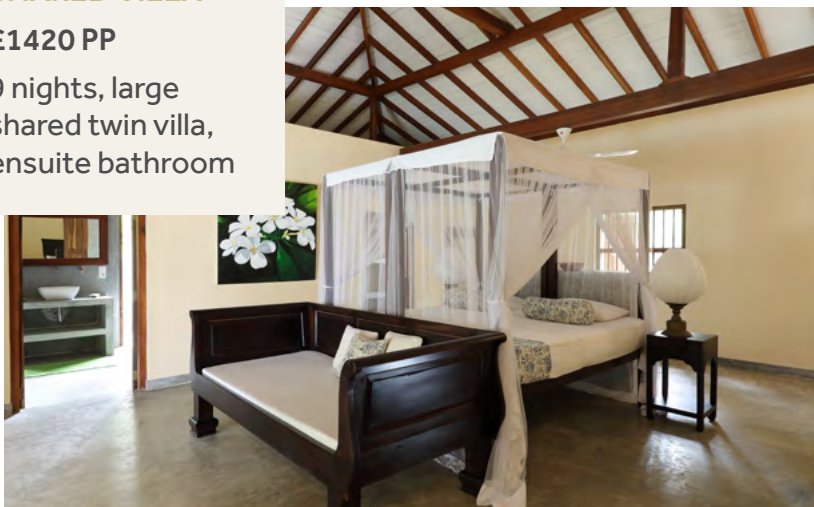
9 nights, solo occupancy, ensuite bathroom



LUXURY SHARED VILLA

£1420 PP

9 nights, large shared twin villa, ensuite bathroom



ACCOMMODATION FACILITIES:

Each room has a small kitchen/minibar area stocked with tea, water and tea making facilities. All the rooms have fans and plenty of storage space for your belongings. There is a safe too. Bathroom amenities from Healing Island are included: handwash, shower gel, shampoo. You may wish to bring your own additional products as required. The products supplied are organic, small batch and handmade in Sri Lanka.

*Please contact Will if you would like to spread the cost over six months in installments.

FURTHER INFO

ACCOMMODATION DETAILS

SRI DEVI YOGA RESORT

Thalpe Road, Pittaduwa, Unawatuna

Website: <https://srideviretreat.com/>

FURTHER ACTIVITIES & DAY TRIPS

Optional trips to the buddhist temple, surf lessons, various beaches plus the rainforest can be arranged.

There will be transportation provided and organised by the venue. Two-three tuk tuks are always readily available if you want to pop to the beach or nearby towns/villages. The nearest beach is 5-10 minutes ride by tuktuk. A round trip costs around £2.50-3.00.

Other downtime activities: reading, swimming in the pool, guided hikes, cycle tours, etc. You can also try a fitness class and protein smoothie at Makahiya Retreat or visit Galle fort for shops and cafes.

MASSAGES:

Massages are available in the onsite treatment room. These can be arranged at the venue with Ulricke.

Massages cost £12.00 each and yes, you can book more than one!



TRAVEL

You can reach Sri Lanka on a direct flight from London Heathrow. The flight departs every evening at 20:40pm. The flight arrives the following day at noon. The return flight leaves Sri Lanka at 12.30pm. The flight is operated by Sri Lankan Airlines. You may wish to compare prices and consider flying with Emirates via Dubai or with Qatar Airways via Doha. You can check SkyScanner for the best deals.

Flight expenses are not included in the retreat cost. Guests can arrange their own flights to Sri Lanka according to their length of stay. Please refer to the booking form for up to date flight info and suggested flights. A complimentary pick up from the airport is included and Will is on hand to help with your travel and booking requirements.

FAQ'S

New to yoga or regular yogi? Who is this retreat for?

We welcome all levels. It is useful to have done some yoga or movement prior to the retreat. If you're brand new, it's advisable to have practiced at least 10 sessions before joining the retreat to give you a foundation. We can advise where to find suitable classes or how to find classes near you.

I'm thinking of coming alone, is this ok?

Yes! Most guests are solo travellers and we welcome single riders! It is an opportunity for you to fully immerse yourself in your practice but also to meet like minded individuals. Guests always come away with a network of new yoga connections and stay friends beyond the retreat.

I'd like to come, but can I spread the cost?

Payment plans are available. Spread the cost with a 12 month plan or 6 month plan.

My question isn't listed here:

Pop an email to Will [here](#) and he will get back to you.



TESTIMONIALS

ABOUT WILL (ORGANISER)



The yoga retreat Will organised was the best I've ever attended. He created a warm and inclusive atmosphere; the perfect environment for a yoga retreat. Everything was taken care of from start to finish from booking massages to excursions to the town. The food was so delicious; we were served a vegetarian banquet three times a day, plus cake and fruit in between. I came away feeling completely relaxed, revived and with a deeper understanding of yoga."

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- PATRICIA, LONDON

ABOUT SRI DEVI (THE VENUE)



I had the most magical and relaxing stay at Sri Devi in April 2022. I was a guest both during a yoga retreat and, after the retreat had finished and I had moved elsewhere, I had to come back to Sri Devi for a few more nights. The success of the hotel lies in its wonderful little details; daily turndowns, staff (Nimesh, Trevor and Greshan are outstanding) who quickly learn what you like and wonderful food (think papaya, mango, pineapple, fresh coconuts, toast, Sri Lankan omelettes and other specialities such as hoppers for breakfast, and a variety of local vegetable curries for one dinner). Ulricke oversees the property expertly, and nothing is too much trouble.

The property is also fantastic; lush colourful gardens where a variety of colourful birds call home is a haven. The rooms are spacious and have everything you need and the beds are comfortable. There is a lovely pool where you can swim for leisure or exercise, and a yoga shala overlooking the paddy fields.

The property is very close to both Unawatuna and Galle, and Ulricke can arrange tuk tuks to take you anywhere you need. I very much hope to be back and was sad to leave."

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- OLLY, LONDON



BOOKING INFO / TERMS:

1. To secure your space, please complete the [booking form](#). A deposit of £480 will save your space and secure your accommodation choice. The balance is due 8-10 weeks prior to the retreat start date.
2. If you'd like to split the cost into a payment plan, please select the appropriate box on the booking form.
3. If you'd like to extend your trip to ten nights, please add £160 to your final payment.
4. UK Bank Account. Payment instruction via BankTransfer/Payment Plan:
William Wheeler
HSBC
Sort code 40-11-91
Account 41333674
5. Transfer for non UK and UK bank accounts. Via [Wise](#) (see link on booking form to complete your booking).
6. Your reference should be detailed as follows: 'SURNAME + SRILANKA25' (EG SMITHSRILANKA25)
7. If you have any questions please contact Will via email or telephone.
8. You must take out travel insurance for your trip. If you are a UK citizen, it is also advised that you have a valid European Health Insurance Card. If our travel plans are disrupted due to travel restrictions caused by Covid-19, you'll have the option to reschedule or receive a refund.

TERMS AND CONDITIONS

1. The deposit is non refundable unless the trip is postponed or cancelled due to entry restrictions into Sri Lanka from the UK in light of Covid-19 or unprecedented security measures.
2. Please ensure you purchase the appropriate travel insurance for your holiday. In the event you are no longer able to attend the retreat, your space is transferable to another client, this is on a fill your spot basis.
3. An admin charge of £85 per client will be applied to change the name, booking and rooming details.
4. The balance is only refundable if your spot is rebooked by another client and their transaction has been processed.

Please contact the retreat organiser, Will by email or WhatsApp if you have any questions about your booking or transportation requirements.

WILL WHEELER

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