

Discover the Perfect Venue

2019 GUIDE TO **SRI LANKAN** RETREAT VENUES

For Your Next Retreat



RETREATS AND VENUES



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Discover leading retreats,
stunning venues
and welcoming hosts
AROUND THE WORLD



RETREATS AND VENUES

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www.retreatsandvenues.com



Discover Your Next Retreat

SRI LANKA

Discover leading retreats,
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around the world



THE SALTY PELICAN YOGA & SURF RETREAT

 40 PEOPLE

 8 ROOMS

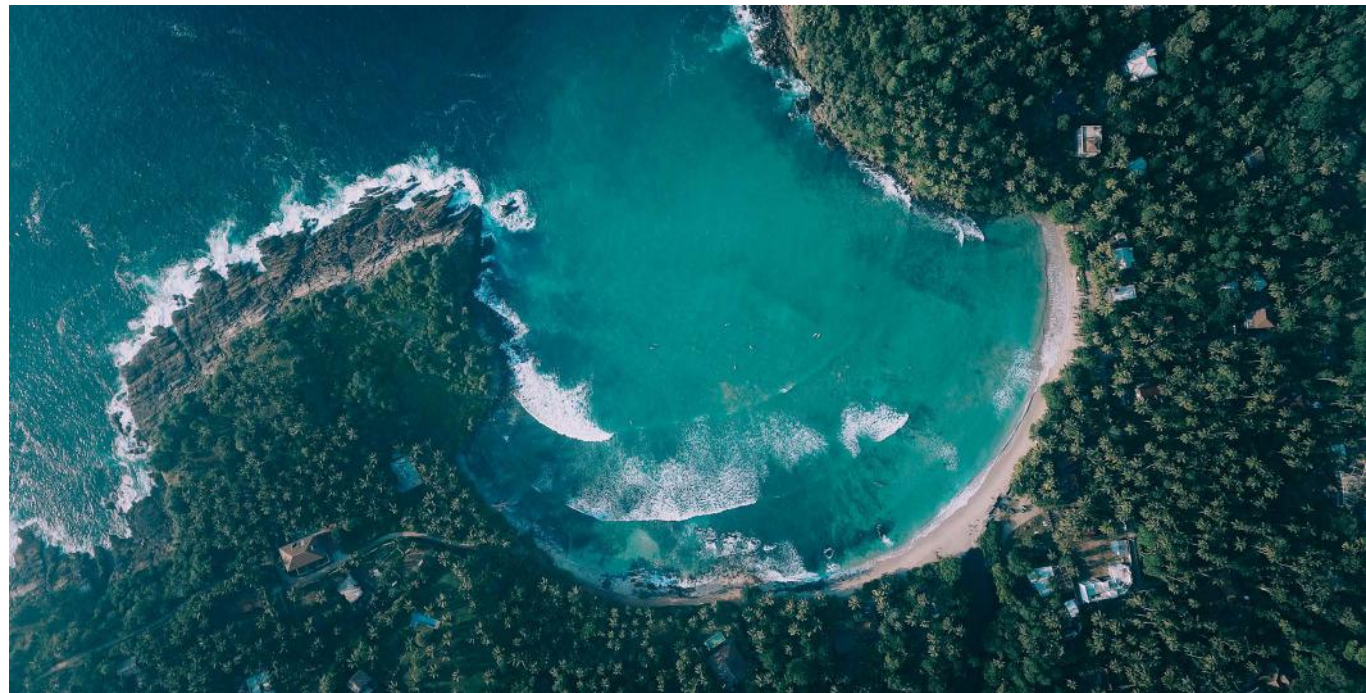
 COLOMBO

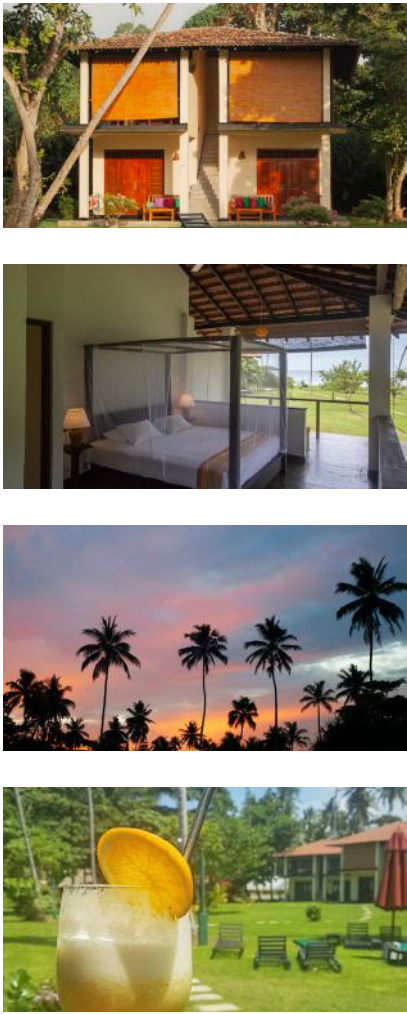
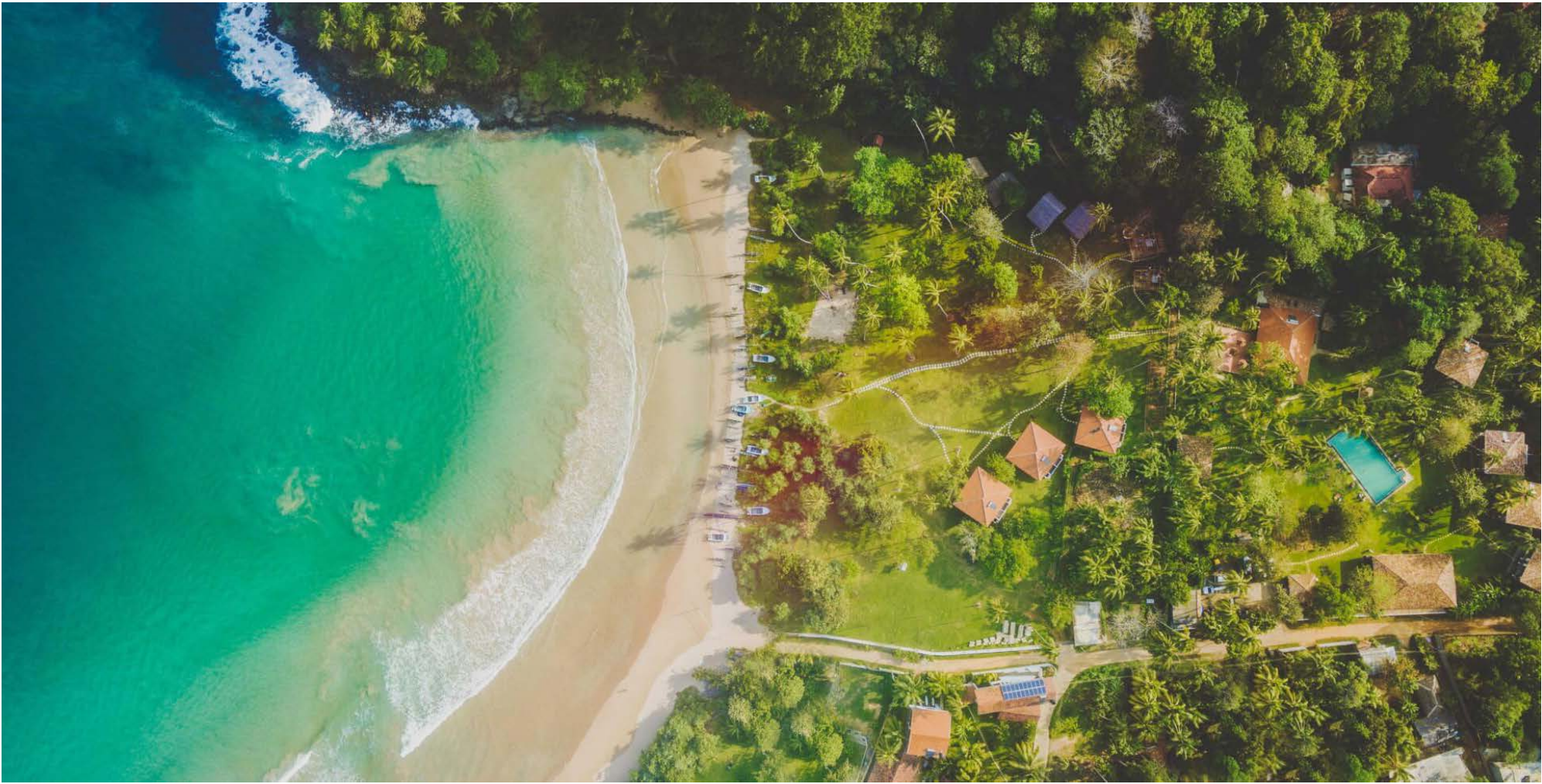
 VILLA

 HIRIKETIYA, SRI LANKA


The Salty Pelican is a lifestyle, a place where like minded new friends connect, eat great food and practice daily yoga... We are a big family who is very fortunate to receive guests visiting from all over the world. We love what we do here, employ people who thoroughly enjoy their jobs and who are brilliant at motivating our guests to try something new that excites them the most, like learning how to surf.


 saltypelicanretreats.com







Talalla Retreat

 TALALLA, SRI LANKA

 200 PEOPLE

 COLOMBO

 RETREAT CENTER

Talalla Retreat is a beachfront boutique resort on a pristine, white sandy beach in South Sri Lanka offering daily yoga and surf classes. With the newly opened Southern Express way, Talalla Retreat is a

 www.talallaretreat.com/

FEATURES

- Swimming Pool
 - 4 Yoga Shalas
 - Spa
- Surf Boards
 - Restaurant
 - Yoga Accessories

hidden treasure just 3 hours drive from Colombo, Sri Lanka. We welcome all guests, and particularly focus on yoga and surfing.

 [instagram.com/talalla_retreat](https://www.instagram.com/talalla_retreat)



Rukgala Retreat

 MABERIYATENNA,
SRI LANKA

 20 PEOPLE

 10 ROOMS

 KATUNAYAKE

 RETREAT CENTER

Rukgala Retreat is a small boutique hotel on the shores of the Victoria Lake with a focus on yoga and general good-living. Conceived from a passion for this very beautiful and still pretty unknown part of Sri Lanka, out of an empty old house we've fashioned something we see as an ideal sanctuary for those wanting an escape in the hills.

 www.rukgalaretreat.com

FEATURES

- Swimming Pool
- Yoga Shala
- Library/Reading Room
- Massage Space
- Ayurvedic Treatment Tables
- Steam Baths
- Paddle Boards
- Kayaks

We'd love to have you join us here to enjoy yoga classes in our beautiful Shala, wild swimming in the Victoria Lake, hikes up to Bambarala, Sundowner walks up to Coconut Ridge, and soothing Ayurvedic Treatments. We hope to see you soon...

 [instagram.com/rukgala_retreat](https://www.instagram.com/rukgala_retreat)

Weligama surf yoga retreat

8 PEOPLE

3 ROOMS

COLOMBO

VILLA

WELIGAMA, SRI LANKA

Located in the center of the south Sri Lanka surf scene, Weligama Beach is a paradise for new and experienced surfers alike. While tourism scene is expanding, Weligama still has a great vibe with friendly locals who embrace visitors and love to show off their culture. With great healthy food, beautiful beaches, unlimited surfing in every direction, plus other activities like SUP trips, diving, wildlife safaris, and so much yoga, Weligama is the perfect base for your Sri Lankan adventures!



www.weligamasurfyogaretreat.com

Salt House Hiriketiya

16 PEOPLE

7 ROOMS

KATUNAYAKE

HOTEL

HIRIKETIYA, SRI LANKA

Situated adjacent one of Sri Lanka's most pristine beaches The Luxury Beach House by Salt is redefining Beach House rental. Salt House features eight rooms, all of which keep you in touch with nature. From the ground floor, Air Conditioned to first and second-floor open-plan rooms, all feature private patios and open-air jungle view bathrooms. Access to the private rooftop lounge area and balcony is available to all guests and their friends.



<https://www.salthousesrilanka.net/>

Polwaththa Eco Lodges

16 PEOPLE

ECO LODGE

KATUNAYAKE

KANDY, SRI LANKA

Polwaththa Eco Lodges consists of 15 lodges spread out in a pristine environment, giving you a 'Living-in-the-Jungle' experience. Situated 19km east of Kandy each lodge offers basic comfort with great views and privacy. Activities include Yoga, local cooking lessons, a wide choice of treks through nature, quaint villages, smiling faces, rice-fields, tea-plantations, waterfalls, rivers, and the famous Knuckles mountains. Community interaction and supporting school projects provide a rewarding experience. We also have an organic vegetable farm and focus on reforestation.



www.polwaththa-ecolodges.com/retreat

[instagram.com/polwaththa_eco_lodges/](https://www.instagram.com/polwaththa_eco_lodges/)

Samadara Estate

10 PEOPLE

5 ROOMS

COLOMBO

VILLA

GALLE, SRI LANKA



Sprouting pineapples, dancing peacocks, the smell of the frangipani trees. A villa decorated with antique Rajasthani treasures. Drinking fresh coconuts. Meditating in the soft amber morning jungle light. All that can be heard is the deep rumbling Ommms from the nearby monastery. Come join one of our transformational yoga retreats in Sri Lanka where we blend yoga, yoga therapy, and transformational coaching into a life-changing week of self-discovery.






[instagram.com/samadara_retreats/](https://www.instagram.com/samadara_retreats/)

www.samadararetreats.com

Sri Villas Bentota

 18 PEOPLE
  9 ROOMS

 KATUNAYAKE
  VILLA

 BENTOTA, SRI LANKA

Set upon a pristine beach near Bentota, Sri Lanka, our luxury holiday villas are the last word in comfort and style. The sounds of ocean, birds, and cicadas pervade. Renowned for uninterrupted views of the Indian Ocean, Sri Villas benefits from a broad, naturally evolving garden that blends seamlessly from lawn to fine, golden sands stretching for half a kilometer. Within our private haven, you'll find three large villas, a very long swimming pool and plenty of personal space.



 [instagram.com/srivillas.bentota/](https://www.instagram.com/srivillas.bentota/)

 www.srivillas.com

Camp Poe

 COLOMBO
  RETREAT CENTER

 AHANGAMA, SRI LANKA



Camp Poe is a unique surf and yoga retreat with art and music workshops. We are based in the tropical paradise of Sri Lanka on the south coast in Ahangama. We are within a walking distance from some of the best surf breaks in Sri Lanka which work consistently from November to the end of April. Our wide range of accommodation options allows for everyone to find what they are looking for - from dorm accommodation to luxury private rooms.


 <https://camppoe.com/>



 [instagram.com/camppoesouthcoast](https://www.instagram.com/camppoesouthcoast)

Villa De Zoysa

 KATUNAYAKE
  RETREAT CENTER

 BOOSSA, SRI LANKA



An ancestral home where the time stands still. A majestic 100-year-old home on the southwest coast, steep in history and charm is the unmatched yoga retreat in Sri Lanka. All of the rooms are beautifully designed and keeping with the theme and style of the rest of the house are furnished with period antiques. In Villa de Zoysa each room benefits from views overlooking the luscious garden with the breeze traveling up from the ocean.



 www.yoga-srilanka.com




 [instagram.com/villa_de_zoysa/](https://www.instagram.com/villa_de_zoysa/)

Kundala House

 9 PEOPLE
  3 ROOMS

 COLOMBO
  RESORT

 HIKKADUWA, SRI LANKA

Hiding amongst 5.000 mt2 of lush garden, Kundala House comprises of three exclusive self-contained eco studios, each one designed under bioclimatic standards, fully equipped kitchen, bathroom, living area and spectacular veranda with views to the secluded garden. It can accommodate between eight to twelve guests between the three studios and the main house, which makes it an ideal setting for retreats or other types of events.



 [instagram.com/kundalahouse/](https://www.instagram.com/kundalahouse/)

 <https://kundalahouse.com/>

Ulpotha

20 PEOPLE 11 ROOMS



[instagram.com/ulpotha/?hl=en](https://www.instagram.com/ulpotha/?hl=en)

<https://www.ulpotha.com/>

FEATURES

KATUNAYAKE RETREAT CENTER
EMBOGAMA, SRI LANKA

Ulpotha is a Buddhist agricultural community in the jungle heartland of Sri Lanka, offering guests not only world-class yoga but also traditional Ayurveda healing in an incomparably beautiful setting as close to nature as is humanly possible. If you are looking for an emotional, spiritual or physical reset, come stay at Ulpotha. You can walk barefoot in pristine nature and swim in the silky-smooth waters of our lotus ringed lake, far removed from stresses of the modern world.

Amuna Ayurveda Retreat

24 PEOPLE 12 ROOMS



KATUNAYAKE ECO VILLAGE

SIGIRIYA, SRI LANKA

[instagram.com/amunaretreat/](https://www.instagram.com/amunaretreat/)

[amunaayurvedaretreat.com/](https://www.amunaayurvedaretreat.com/)

FEATURES

Immerse yourself in traditional and ancient Ayurveda treatment in Sri Lanka that will revitalize your mind, body, and soul. Embark on your wellness journey with traditional Ayurvedic treatments from ancient Sri Lanka. Amuna Ayurveda Retreat Sri Lanka has organized some of the best Ayurveda packages to maintain the digestive system in a state of balance and harmony. Includes Panchakarma Treatments for Detoxification and Rejuvenation, Yoga & Meditation, Acupuncture Treatments, Weight Loss, Slimming Programmes, Anti-Ageing, and other traditional treatments.

Earthlinks

18 PEOPLE 10 ROOMS



<https://www.theearthlinks.com/>

FEATURES

HIKKADUWA, SRI LANKA

COLOMBO RETREAT CENTER

Our Colonial Villa is located amidst the Hikkaduwa jungle in the south of Sri Lanka. Quiet, cozy and homey, you'll feel so at home in our Beautiful colonial-style villa hidden in the jungle on the very South of Sri Lanka. Feel free to book one of our large, comfortable en suite rooms, pitch a tent if you fancy, or simply sleep under the stars.

[instagram.com/theearthlinks](https://www.instagram.com/theearthlinks)

Mamma Shanti House & Yoga

4 PEOPLE 2 ROOMS



[instagram.com/mamma_shanti](https://www.instagram.com/mamma_shanti)

www.mammashanti.com

FEATURES

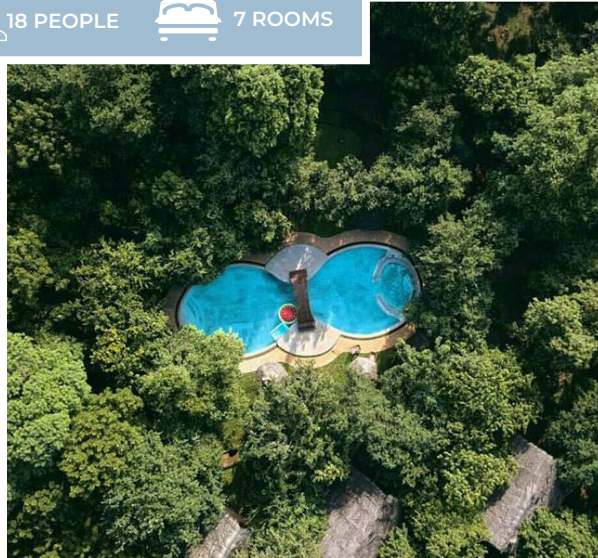
KATUNAYAKE RESORT

ELLA, SRI LANKA

Mamma Shanti is more than a guesthouse and yoga space, it's a conscious way of life. We offer a place in nature for people to reset and reconnect, to unplug from technology and tap into their inner selves. This is a space for healing, for creativity, for exploration and restoration. We advocate a slower-paced life, leaving your shoes and concerns at the door, eating with your hands and drinking in the simple goodness of Mother Earth.

Kuwera Eco Lodge

18 PEOPLE 7 ROOMS



✈️ COLOMBO 🏠 ECO VILLAGE

📍 SIGIRIYA, SRI LANKA

FEATURES

Kuwera Eco Lodge lies in a strategic position to start visiting the main sites of the cultural triangle, the most important of Sri Lanka, which still hold invaluable relics. Hotel near Sigiriya dedicated to people who want to live in close contact with the daily life of Sri Lankan rural village. Our bungalows, built in the village of Udawalayagama, allows our guests to stay in the countryside close to Sigiriya, taking advantage of services that make your stay very special.

📷 [instagram.com/kuweraecolodge/](https://www.instagram.com/kuweraecolodge/)

🌐 <https://kuweraecolodge.com>

Plantation Villa

36 PEOPLE 18 ROOMS



✈️ KATUNAYAKE 🏠 RETREAT CENTER

📍 KALUTARA, SRI LANKA

📷 [instagram.com/plantationvilla/](https://www.instagram.com/plantationvilla/)

FEATURES

Plantation Villa is an Ayurvedic and Yoga Retreat Centre providing guests with Ayurvedic (ancient Asian medicine and natural art of healing) treatments for current ailments, preventive care, weight loss, and general rejuvenation, etc. The hotel occupies a 30-acre land including a working rubber plantation, a natural spring well, a natural waterfall and an organic fruit, vegetable and herb garden. The hotel itself includes 18 rooms with many sit-out areas to enjoy the magnificent garden and plantation.

🌐 www.srimalplantation.com

Bougainvillea Retreat

22 PEOPLE 9 ROOMS



✈️ KATUNAYAKE 🏠 VILLA

🌐 www.bv-retreat.com/

📷 [bougainvillea_retreat](https://www.instagram.com/bougainvillea_retreat)

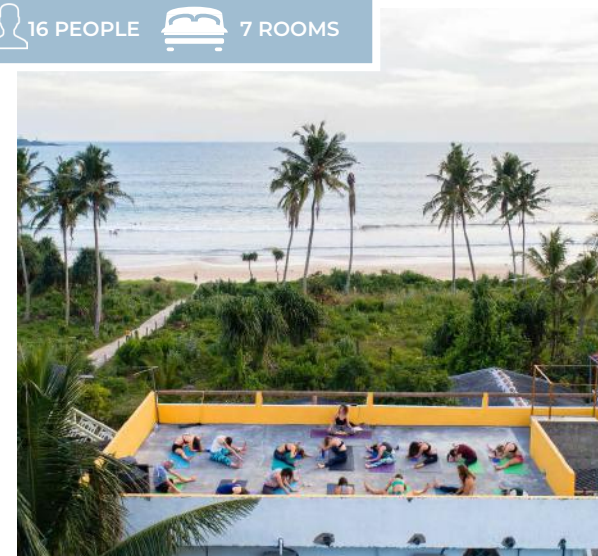
FEATURES

📍 KANDY, SRI LANKA

Bougainvillea lies in the picturesque valley at the Victoria Golf and Country Resort, surrounded by lush vegetation and water. With astounding views of the Knuckles Mountain Range and Victoria Lake, it sets the unique backdrop for a relaxing break. With less than 5min walk from the golf resort clubhouse, hidden away as the last villa on the road, it provides you with the perfect balance of a tranquil getaway and the different activities available within the vicinity of the resort.

Green Peace Inn - Yoga | Health | Cafe

16 PEOPLE 7 ROOMS



✈️ COLOMBO 🏠 RETREAT CENTER

📍 WELIGAMA, SRI LANKA

FEATURES

Much more than just a guest house, our passion is to create a home from home, welcoming yogis, travelers and creative thinkers from around the globe to share in a feeling of well-being, community, and delicious plant-based food. Inspired by the nomadic way of life, the cozy character comes from natural surfaces and earthy tones. Comfy pillows and hand-picked accessories add to the warm, bohemian atmosphere. A personal space in which to kick back and slow down.

📷 [instagram.com/greenpeaceinn/](https://www.instagram.com/greenpeaceinn/)

🌐 <http://greenpeaceinn.com>

JASPER HOUSE

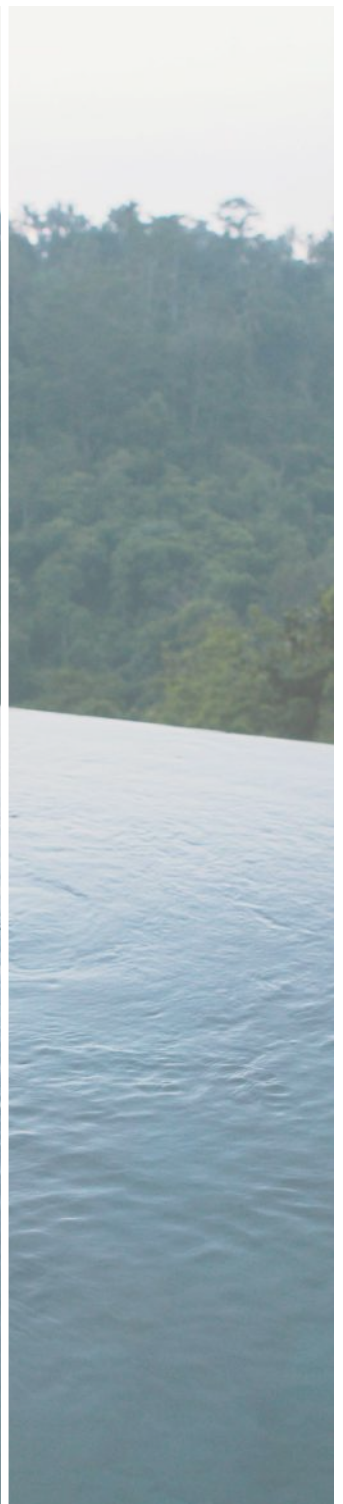
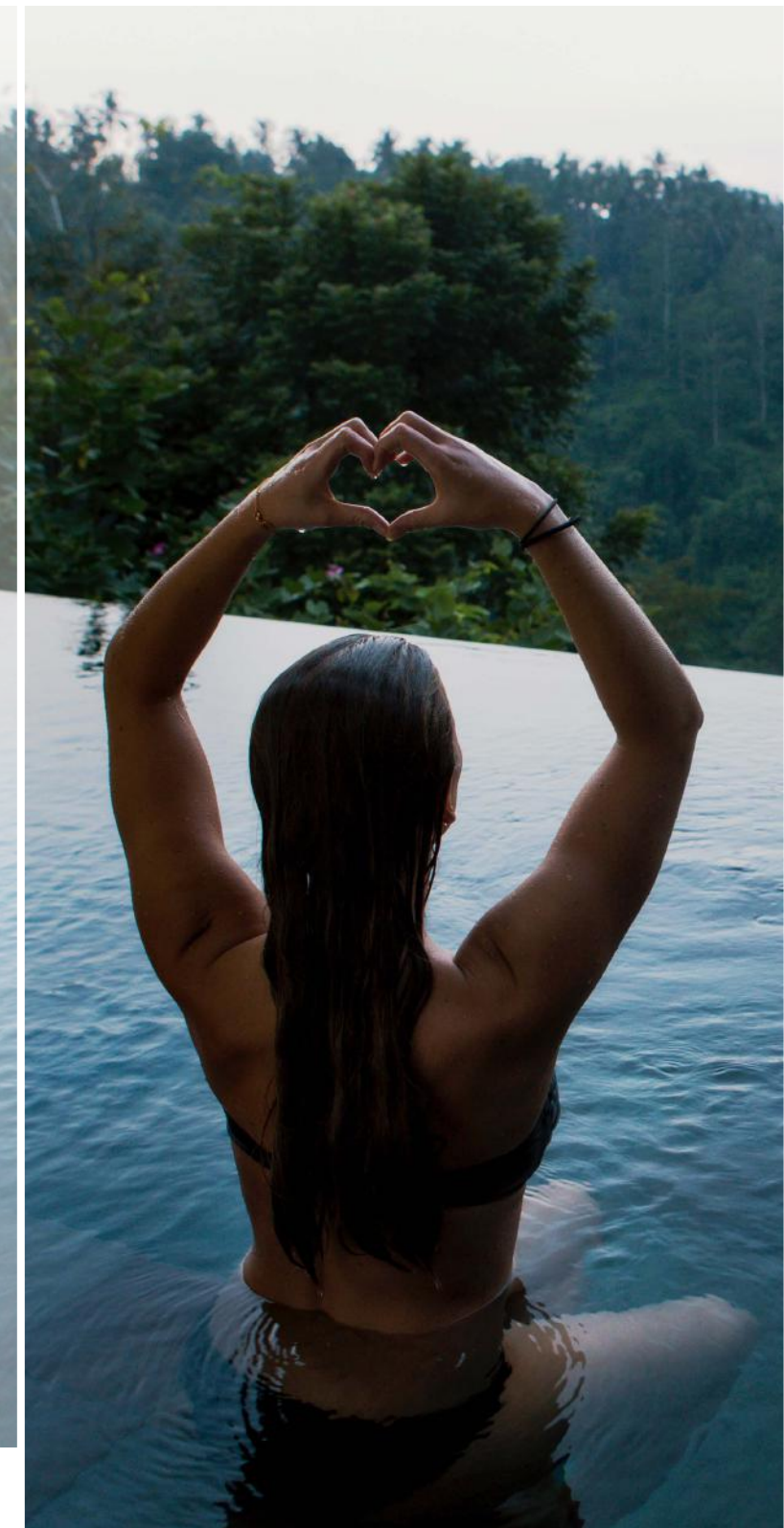
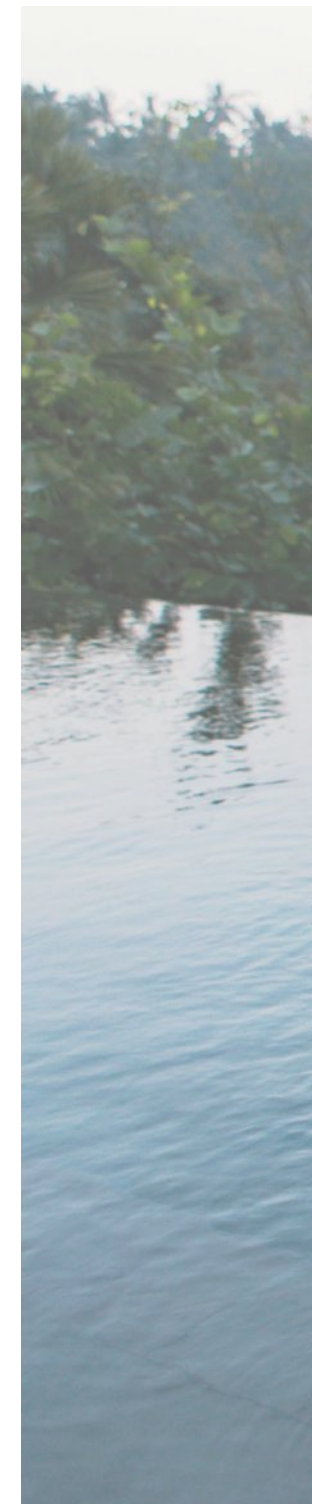
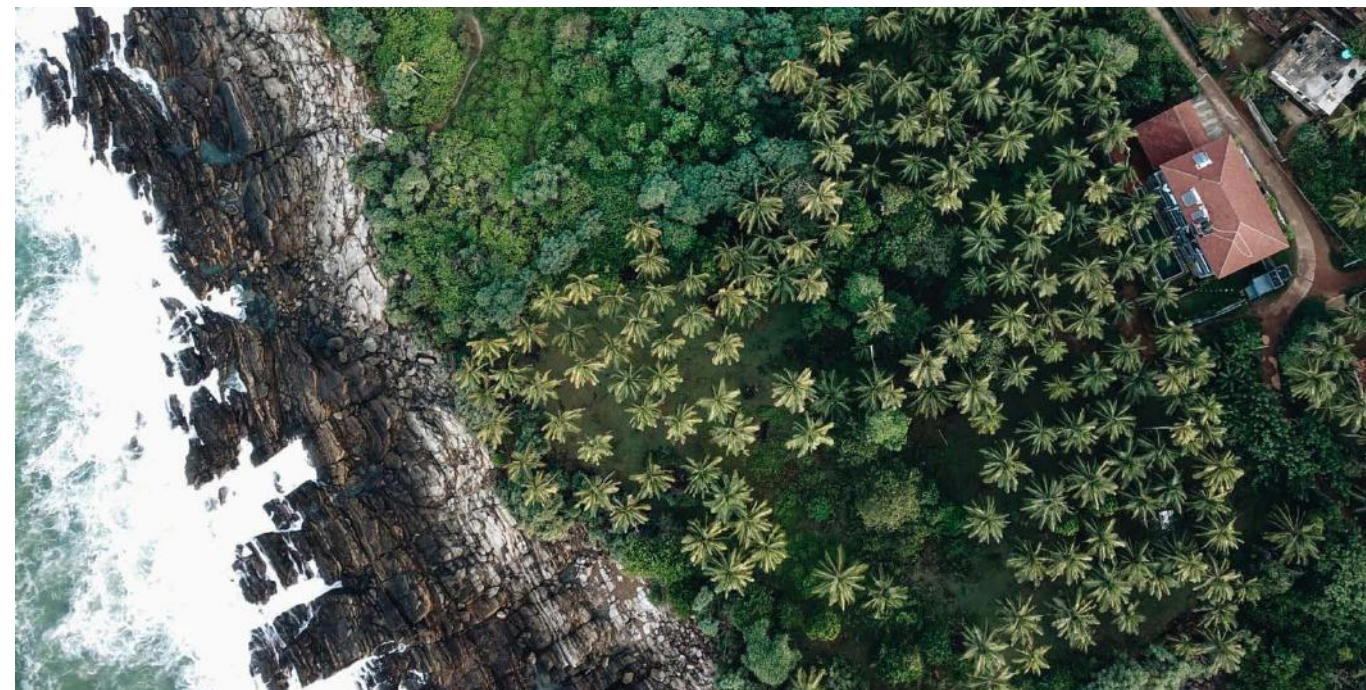
 COLOMBO  4 ROOMS

 HIRIKETIYA, SRI LANKA

Surrounded by leafy coconut palms, with far-reaching ocean views, Jasper House offers the perfect blend of quiet seclusion and accessibility to the beautiful location. A vibrant surf town with a buzzing community, Hirikiteya Bay is one of the Southern Province's best surf breaks for beginner and advanced surfers. Beach cafes line the shore, but situated just a two-minute walk up the hill, Jasper House benefits from a degree of separation—making it perfect for those looking for a relaxing break.

 [instagram.com/jasperhousesrilanka/](https://www.instagram.com/jasperhousesrilanka/)

 www.jasperhousesrilanka.com/



RETREATS AND VENUES

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