

SRI LANKA YOGA RETREAT

22 - 29 November 2026



Your yoga retreat awaits...

Here's a bit more about what you can expect on your Sri Lankan Yoga Retreat with Love the Journey Yoga.

Join me for the trip of a lifetime to the stunning pearl of the Indian Ocean, Sri Lanka. Our unforgettable yoga retreat at Lanka Yoga offers a tranquil setting surrounded by nature and wildlife, with breathtaking lake views from every room and just a five-minute tuk tuk or 20-minute walk to the beach. Enjoy your retreat at your own pace with two daily yoga classes or workshops with Lucy from Love the Journey Yoga, relaxation in the beautiful gardens and infinity pool, or explore the local town, stunning beaches, and lush jungle. Enhance your experience with optional treatments and excursions, including whale watching, Ayurvedic massages, Sri Lankan cookery classes, surf lessons, and adventures in the national park.



Location and travel

The location of the retreat is Lanka Yoga which is on Koggala Lake in Southern Sri Lanka. The nearest international airport is Colombo, Sri Lanka. Lucy will recommend flight times once they have been released. Please note in order to arrive in Sri Lanka on Sunday 22nd November you should leave the UK on the 21st November. Lanka Yoga is approximately two hours from Colombo airport. Lucy can arrange transfers which start at £40 per person return for four or more people.

Yoga and workshops

Classes will take place on the spacious yoga shala nestled in the trees

Yoga styles will include:

- Yoga Flow - vinyasa / hatha yoga - a flowing class where we will connect movement with breathwork and flow between different asana (poses) - these classes will begin and end with a meditation and poetry.
- Yin Yoga - a style of yoga where poses are held for a longer length of time to allow the muscles to deeply stretch, we'll hold poses for around 4 minutes and use props for support.
- Restorative yoga - slowly moving through gentle yoga asanas with a focus on rest, recovery and bringing a feeling of peace.
- Yoga Nidra - (known as yogic sleep) deeply relaxing 20-30 minute meditation.
- Chakra balancing workshop - we'll move through asanas and use affirmations to focus on balancing and opening each chakra and end with a chakra meditation.
- Intention setting workshop - towards the end of the retreat I'll ask some questions to allow you to reflect and work on what you feel ready to leave behind and what you would like to take forward.



Boat Trip

Lanka Yoga is situated on the edge of Lake Koggala - as a group we have the opportunity to go on a boat trip around this beautiful lake taking in the nature and wildlife that surrounds Lanka Yoga.



Accommodation

When booking you can choose the room type you would like from solo occupancy or twin, three or four bed rooms. All rooms are ensuite.

four-bed room - these spacious rooms are equipped with twin beds and two upper beds integrated as a mezzanine. They have a huge bathroom, which has a separate toilet, two showers, and two sinks. Additionally, these rooms have a massive balcony that overlooks the lake. (beds can be booked individually or as a group)

three-bed room - this room is located downstairs, next to the pool, and features a double bed and single bunk beds. It features an indoor/outdoor bathroom so you can shower under the stars and has a private garden area that you can access straight from your room. (beds can be booked individually or as a group)

twin room - these spacious rooms feature twin beds with large bathrooms. An expansive balcony or garden with lake views. (beds booked as a pair)

solo occupancy - these rooms have king size beds with private bathrooms and a garden in front with lake views



Food

I believe that food is a fundamental part of a retreat and Lanka Yoga ensure that the food served is all delicious, nutritious, good for the planet, and can support the different dietary requirements of everyone attending.

They serve a delicious chef-designed vegan menu that utilises as many local and home-grown ingredients as possible. The food tends to be a Western and Sri Lankan fusion to provide guests with local flavours as well as home comforts.

Below is a sample menu:

Breakfast

Banana pancakes, home made peanut butter, fresh fruits and Kithul Honey.

Lunch

Spiced cinnamon pumpkin soup

Dinner

Jackfruit tortilla with coleslaw, tomato salsa and a homemade BBQ sauce

Breakfast

Date, coconut & cashew granola with homemade coconut yogurt

Lunch

Grilled aubergine, tofu sin carne and a spiced couscous salad

Dinner

Sri Lanka rice and curry, a mix of local vegetable curries, rice and local salads

Breakfast

Overnight oats with organic spices, fresh fruits and a crunchy top

Lunch

Homemade hummus, zesty garden tahbuli, pitta bread and falafel

Dinner

Homemade vegan lasagna with cashew cheese with Gotu Kola salad



Please inform Lucy if you have any allergies or intolerances.

Itinerary

Day 1:

14.00 - onwards - Arrival
17.30 - Restorative Yoga
19.00 - Dinner

Day 2:

8.00 - Yoga Flow
9.30 - Breakfast
13.00 - Lunch
17.30 - Yin Yoga and Yoga Nidra
19.00 - Dinner

Day 3:

8.00 - Yoga Flow
9.30 - Breakfast
10.30 - Boat trip
13.00 - Lunch
17.30 - Yin Yoga and Yoga Nidra
19.00 - Dinner

Day 4:

8.00 - Yoga Flow
9.30 - Breakfast
13.00 - Lunch
17.30 - Chakra Balancing Workshop
19.00 - Dinner

Day 5:

8.00 - Yoga Flow
9.30 - Breakfast
13.00 - Lunch
17.30 - Yin Yoga and Yoga Nidra
19.00 - Dinner

Day 6:

8.00 - Yoga Flow
9.30 - Breakfast
13.00 - Lunch
17.30 - Intention Setting Workshop
19.00 - Dinner

Day 7:

8.00 - Yoga Flow
9.30 - Breakfast
13.00 - Lunch
17.30 - Yin Yoga and Yoga Nidra
19.00 - Dinner

Day 8:

8.00 - Breakfast
11.00 - Depart



All yoga sessions, workshops, activities and meals are optional. The time in between yoga classes and meals can be used to relax, swim, chat, meditate, read, go for a walk, go to the beach, enjoy the beautiful gardens, have a treatment or take an excursion etc.

Please note the itinerary is approximate and subject to change

Extra Info

- All towels for showers and the pool are provided
- Shampoo, conditioner & body wash are provided
- All yoga equipment, including, mats, blocks, straps & bolsters, is provided and will be sanitised ready for your use
- All food is vegan.
- Complimentary fruit, water, garden blend tea, and assorted tea bags are available.
- A list of treatments and excursions to pick from will be available closer to the time of your retreat.
- A WhatsApp group will be set up two weeks before the retreat and will be closed two weeks after the retreat for sharing photos etc.
- And finally... all yoga, workshops, boat trip, meals, excursions and treatments are optional, there is no pressure to do anything. This is your retreat, for you to do exactly as you wish!