



YOGA ASHRAM

# SOUND HEALING WELLNESS RETREAT

Reconnect, Restore, and Harmonize Your  
Mind, Body, and Soul in Sri Lanka this April





## WELLNESS RETREAT CURATED FOR YOU

Nestled along the stunning southern coast of Sri Lanka, Talalla Retreat offers a serene, natural setting perfect for deep relaxation and rejuvenation. With cozy accommodations, lush gardens, a dedicated shala, and beach access, it's the ideal environment to disconnect and reconnect.

- 6 days & 5 nights
- April 18–23, 2026 in Talalla Retreat, Sri Lanka
- Single Occupancy: AED 7700
- Sharing Occupancy: AED 6500 each person







## WHAT'S INCLUDED

- 30-Hour Sound Healing Course: Become a Certified Sound Healer
- Certificate upon completion (Certified by YACEP, REPS & CMA)
- Serene beachside bonfire with outdoor dinner
- Visit to the Sea Turtle Protection Hatchery at Rekawa
- 1-hour soothing massage treatment
- Visit to Mulkirigala Vihara Rock Temple for a blessing
- Exploration of Jasper House Talalla and nearby surf beach
- Tour of Handunugoda Tea Plantation
- Introduction to mandala making & healing practices
- Visit to scenic Coconut Hill
- Stop at Handcraft & Natural Gem store for unique souvenirs





## SEA VIEW VILLAS

Our Sea-View Villas located on the ground floor feature authentic Sri Lankan furniture, fabrics, and air conditioning. Located just meters from the beach, walk out of your room and straight down to the quiet, stunning Talalla Beach. The open-air bathrooms allow natural light and provide views of the coconut palms.

### Amenities

- Air conditioning
- Ocean views
- Private balcony
- Mosquito nets
- Sleeps two
- Open air bathroom
- Child bed available
- Safe provided
- Desk Space
- Wifi



## 1 HOUR SOOTHING MASSAGE TREATMENT

Space to relax, reflect, and recharge



## FULL BOARD MEALS FOR FIVE NIGHTS

Wholesome and nourishing meals







## ABOUT THE COURSE

This certified course guides you through ancient and modern sound healing practices to restore balance, harmony, and inner calm through vibrations of crystal singing bowls, gongs, and other instruments.



## WHAT'S COVERED

- Hands-on practice with singing bowls, gongs, and tuning forks
- Breathwork techniques to enhance vibrational healing with Guided meditations enhanced by sound
- Understanding energy, frequency, and their effects on body and mind
- Practical tips to integrate sound healing into daily life





## RETREAT DURATION & COSTS

- Duration: 6 days & 5 nights
- Dates: April 18–23, 2026
- Location: Talalla Retreat, Sri Lanka
- Single Occupancy: AED 7700
- Sharing Occupancy: AED 6500 each person

## PAYMENT METHODS:

Payment can be made via bank transfer, credit or debit card, Apple Pay, or Google Pay.

### Bank Details for Transfer:

Account Name: Yoga Ashram DMCC

Account Number: 1014807205201

IBAN: AE730260001014807205201

Bank Name: Emirates NBD Bank

SWIFT Code: EBILAEAD

## BOOKING INSTRUCTIONS:

- To reserve your spot, please pay 50% of the total amount.
- Full payment is required by March 2026 to confirm your reservation.
- Kindly send your payment confirmation via email to [info@yogashram.com](mailto:info@yogashram.com), along with:
  - Phone number, Email & Passport Details
  - Dietary requirements or allergies (if any)

## CANCELLATION TERMS

- 75+ days before retreat: Full refund minus admin fee, VAT, and transaction fee
- 65–75 days before retreat: 50% of paid amount non-refundable
- 60 days or less before retreat: No refund applicable