

BLOOM
yoga

Sri Lanka
YOGA RETREAT
October 4th to 11th 2025
Dignana - Sri Lanka



Retreat Inclusions

- Exclusive use of our luxurious retreat venue for 7 days + nights in the Sri Lankan high country;
- Daily slow flow, meditation and restorative asana in a purpose built outdoor yoga shala;
- Nourishing plant-based Sri Lankan breakfast + dinner;
- Daily king coconuts post morning practice;
- Unlimited teas and organic coffee; herbal teas on request
- A tuk-tuk excursion to Kandy
- Traditional Sri Lankan Cooking Class
- Welcome Goodie Bag
- Group transfer from the airport to the retreat venue via car - with specific arrival times
- An iconic train ride from Kandy to Colombo upon our departure from the retreat

A full on-site team, with at least two stewards on any day; an on-site property manager; an experienced chef and kitchen team are available throughout our stay.

Exclusions

- Return flights
- Visa Fees
- Travel Insurance
- Optional Activities
- Local tuk-tuk rides
- Snacks + Alcohol



About Rukgala Retreat

'Ruk' is built out of an old house that had sat empty for several years, rather than knock it down, it was lovingly re-fashioned to become a beautiful boutique 'hotel'.

More of a converted house than a hotel, there are comfortable chill-out spaces around Ruk.

The Top House has a little reading room that opens out to the deck with great views (a really nice place to be in the early morning). The deck itself serves as probably the main spot for eating, drinking and generally hanging out.

The dining room is a fun venue for big group dinners. At one end of it, a 'bar' area has become a popular spot for enjoying the view.

The Garden Cottage has a quiet sitting room that opens quite beautifully out to views of the tops of palm trees and the lake.

Although the Top House Rooms and Garden Cottage rooms are a little different, they are the same in terms of value and are priced the same ~ so first in, best dressed!



The Top House

Rooms in the Top House are slightly larger. They have four-poster beds (with mosquito nets) and private balconies that look out over the trees to the lake.

Single \$2998 ~ Couples \$2698 per person

Double bedroom with four-poster double beds, ensuite bathroom with shower, balconies looking towards the lake

Twin Share ~ \$2698 per person

Twin bedroom with twin four-poster beds, ensuite bathroom with shower, balcony looking towards the lake

Four Person Family Room ~ \$2298 per person

Four large single beds, bathroom split with shower room and w/c, balcony and little garden looking towards the lake.

Book as a group of 4 and save \$100 per person



Double Bedroom



4 person family room

The Garden Cottage

A tiny hop from the main house. Bedrooms are slightly smaller with a nice little private gardens and feel perfectly spacious. The bedrooms have a mezzanine level which works well for people wanting a slightly more private shared bedroom. Note a triple must be booked as a group.

Single \$2998 ~ Couples \$2698 ~ Triple \$2498 per person

Double bedroom with an extra single bed on a mezzanine level, ensuite bathroom with shower in bathtub, small verandahs looking towards the lake, air-conditioned (no ceiling fan).

Twin Share ~ \$2698 ~ Triple \$2498 per person

Twin bedrooms with an extra single bed on a mezzanine level, ensuite bathroom with shower in bathtub, larger verandahs looking towards the lake, air-conditioned (no ceiling fan).



Nourishment

Sri Lankan cuisine is without a doubt one of the highlights of visiting this country! They were plant-based before it was the cool conscious thing to do! The ethos is that food is meant to be shared, so each day will be a set retreat menu caters well to vegan, vegetarian and flexitarian diets. Please enquire about specific dietary needs.

Breakfast - A daily changing nutritious vegetarian breakfast. Our chefs will be serving up homemade nutty granola, overnight oats, seasonal fruits, freshly baked bread, homemade nut butters/spreads and local buffalo curd/coconut milk.

Followed by your choice of local farm eggs or more traditional Sri Lankan breakfasts of roti, hoppers and dhal curry.

Dinner - Our evening meal begins with a “digestif” elixir and a nourishing soup. Freshly-prepared traditional Sri Lankan plant-based curries and brown rice with daily changing local veggies. End your meal with an (optional) refined sugar, gluten-free, guilt-free and vegan dessert.

Because breakfast will be served mid to late morning, lunch is available on request for an additional charge.

Choose a selection of raw salads, sprouted beans, homemade dips, lighter curries, roasted vegetables and seeds.



Also included:

King coconuts for each student after class
Tea and coffee throughout the day
Herbal tea can be provided upon request



Yoga Practices

The depth of natural beauty by which we are surrounded in the hill country of Sri Lanka provides an additional quality of connection and spirituality to our asana and meditation practices for the duration of our retreat.

Morning practices will be a slow flowing vinyasa, linking movement and breath with options for all levels of ability, I encourage you to flow your own way and truly make the practice your own! Following our asana practice will be pranayama and meditation - an opportunity to refine your skills over the duration of the retreat. Our morning practice will be followed up with king coconuts and a nourishing plant-based breakfast.

Wind down in the evening with either a yin yoga or restorative yoga practice, some with the inclusion of yoga Nidra and stories of mythology (some from the land of Lanka!)

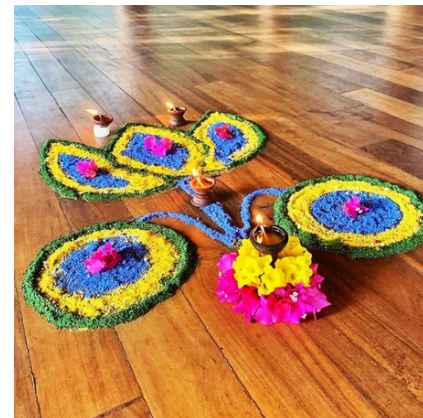
Following our evening practice, we'll gather for a delicious dinner in the dining room.

All yoga practices optional. Non- yoga partners are welcome on retreat.

An abundance of free time has been allowed as part of this retreat - not just for guests but for the hosts too - that way we can provide the best experience possible! It's up to you to decide on how you'll spend your free time with the help of the team at Rukgala.



Yoga mats, blocks and bolsters provided in a purpose built yoga shala to enhance our group practices



Meet Sara ~ Your Host

A senior yoga teacher who has lovingly guided students into their bodies through asana for more than 15 years. Sara brings both warmth and wisdom to all of her classes; cleverly weaving philosophy, the use of yoga props and her one of a kind humour to give a grounding and yet open-hearted experience for all practitioners.

More than a yoga teacher, Sara is an intrepid world traveller! Having explored many corners of this big wide world, Sara first travelled to Sri Lanka with her husband and son in 2009, it was here that her son celebrated his first birthday and a few days later where he learned to crawl!

In fact it was whilst practicing yoga in Sri Lanka that Sara made the decision to undertake the study of yoga upon her return to Perth - which she did in March of 2009!

Sri Lanka is a delight to the senses: sights, smells and tastes abound! This country is not only rich in it's culture and culinary delights, but it's people make you feel as though this your home - and trust me when I say you will have a hard time leaving!

I can't wait to experience Sri Lanka with you!



Optional Activities

With so much on offer here, YOU choose how to spend your time and energy. Choose from hikes, culture + art

The rates below include transport, a guide from Rukgala to join and lunch for day trips.

Gatagahawela Tea Factory - \$60 per person

Explore fascinating tea factory in a beautiful spot. Head out after breakfast and visit the factory and plantation before a tea tasting experience and then on a small hike to a beautiful waterfall for a picnic lunch.

Guided hike to Bambaragala cave temple and Pettigala summit ~ \$30 per person

A guided group walk to Bambaragala monastery and cave temples.

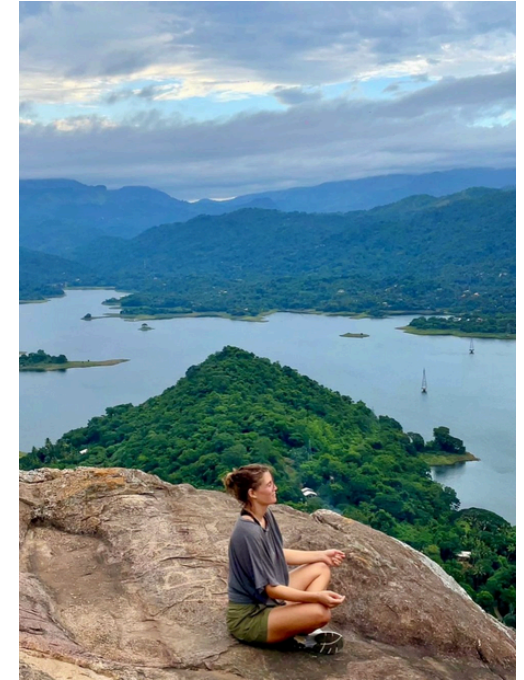
Day hike in The Knuckles Mountains ~ \$80 per person

A day hike that takes in the Southern section of the range - driving first through stunning country before hiking towards Meemure, Sri Lanka's most remote village, and the eye-catching mountain peak of Lakegala.

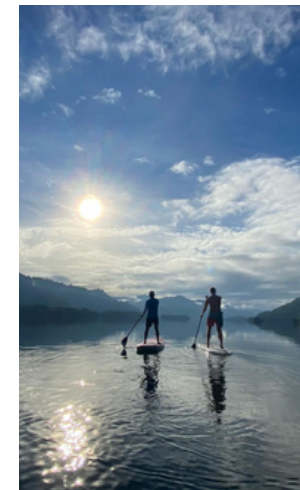
Take a local tuk-tuk to the cultural centre of Kandy

Enjoy a walk through the forrest, a visit to the Buddhist Temple of the Tooth and enjoy shopping, eating and exploring!

Additional guided hikes available - note that rates are approximate and may fluctuate slightly due to exchange rates



Guests are welcome to swim in the lake and make use the paddle boards & kayaks at Rukgala plus there are plenty of walks available from the property



Transport

Flights

Flights from Perth allow \$900 - \$1300 return

Singapore Airlines

Malaysian Airways

Qantas + Sri Lankan Airways operate a code share

Getting there

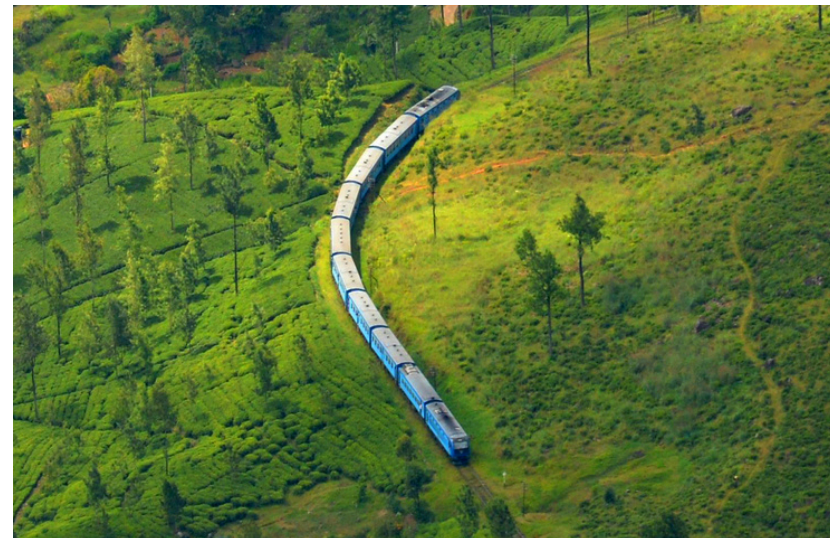
Transfer included from Colombo International Airport one-way to Dignana on Saturday 4th October 2025.

Exact times to be confirmed.

Additional transfer times for guests can be arranged at a cost, alternatively guests can make their own way to the retreat venue located roughly one hours drive from Kandy

Returning Home

We'll depart the retreat on Sunday 11th October by tuk-tuk to Kandy from there we'll embark on an epic train ride to Colombo through the mountainside. Upon arrival in Colombo, a car will take us to the airport.



Booking & Payment Terms

A \$600 non-refundable deposit secures your place.

Rooms are available on a first come, first choice basis. Prices listed are EARLYBIRD and will increase by \$200 per person on the 1st of January 2025, unless sold out prior.

Triple rooms in the Garden House can be booked as a group only

Payment plans are welcome, any payments by credit card incur an additional 2% credit card charge; no additional charge for bank transfer.

Full payment due by 30 June 2025.

A balance owing invoice will be sent one month prior. Failure to make full payment by this date may result in your spot being offered to another person, with all monies being forfeited.

Booking a twin-share as a single person means that we will place you in a room with someone you may not know - if you are wanting to share with a friend, please let us know.

All yoga and inclusions are optional, credits or refunds are not offered for choosing not to participate. Non-yoga partners are welcome on retreat, prices are the same.

Optional activities are paid directly to the venue; prices may vary slightly depending on the exchange rate.

There *may* be a guest teacher, chosen by Sara, who will provide assists during class and guide a couple of classes.



FAQ

Here are some questions you might have! Feel free to reach out if you have other questions!

Can I arrive early or extend my stay?

Guests are welcome to extend their stay at the retreat either prior to the arrival of the group or to stay on afterwards, this can be arranged directly with the retreat venue.

I want to explore other parts of Sri Lanka - can I do this?

Absolutely! Sara has travelled to Sri Lanka previously so can provide insight and assistance on helping you to make the most of your time on this beautiful island.

Do I have to participate in the hikes and walks?

Not at all! Not everyone enjoys hiking which is why it's an optional extra! I've allowed for plenty of free time so that you get to choose how to retreat! Stay local and sit by the pool reading a book if that's what you prefer!

I've never done yoga before - can I still come on retreat?

Yes! Beginners to yoga will be well catered for within our asana practices; you don't need to have any prior experience or be of a certain 'level' to enjoy yoga on retreat.

Can I drink alcohol?

The venue is not licensed to serve alcohol, however you're welcome to bring your own. Soft drinks are available at an additional cost; water, tea and coffee are inclusive and available all day.



Ready to Retreat?!

Re- treat yourself to a truly immersive experience you'll never forget.

I've designed this retreat to be a boutique experience so with that in mind - Retreat places are limited, so don't miss out!

Book now to enjoy earlybird pricing and give yourself plenty of time to save and plan for the retreat.

Be among the first to secure your place by visiting:

[Bloom Yoga Retreat Booking Form](#)

Got a question?

I'd love to hear from you!

Email me: sara@bloomyoga.au

