

# Chakra Connections

10-Day Immersive Yoga Retreat

Held at Rukgala Retreat in Sri Lanka

Thursday 30<sup>th</sup> January - Sunday 9<sup>th</sup> February 2025



A 10-day yoga retreat hosted at a private retreat centre in Sri Lanka, set beside a beautiful lake, breath-taking mountains and lush greenery. Guests stay in air-conditioned, en-suite bedrooms within two gorgeous properties. With access to a private swimming pool, fresh water lake and covered yoga shala surrounded by nature. A friendly team of staff provide amazing food, drink and service, all carefully planned around yoga sessions, excursions and relaxation.

With exclusive use of the entire retreat centre, it's the perfect location to relax, unwind and reconnect with yourself: private swimming pool... shared relaxation spaces... mountain views... daily yoga in open-air shala... wild swimming... canoeing... paddle-boarding... delicious, nutritious food... excursions to local temples and caves, all included in the price. Plus, optional extras: massage treatments...excursions to local tea fields, waterfalls and mountain trails. The perfect balance between retreating and adventuring!

## Yoga Practices

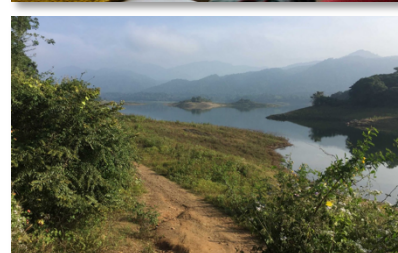
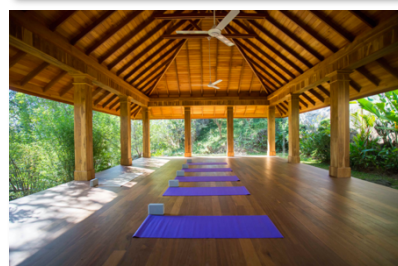
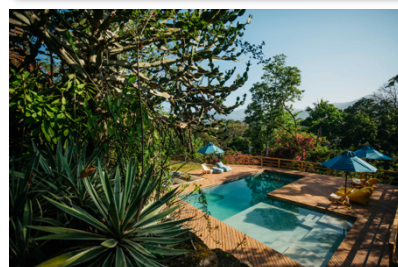
The retreat includes up to two yoga sessions per day, combining the following yoga styles and practices:

- Hatha Yoga
- Slow Flow Vinyasa
- Yin Yoga
- Restorative Yoga
- iRest Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling/Discussion
- Yoga Philosophy

Sessions are suitable for all levels, with adaptations and props used to support postures, as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial.

Yoga is taught from an open-air shala/studio surrounded by lush greenery and rugged rocks. Yoga mats, bolsters, bricks and straps are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme, designed to enhance wellbeing, personal development and transformation: Exploring the Chakra's.



## Daily Schedule

- 07:00 :** Optional light breakfast before yoga practice. Herbal teas and coffee always made available.
- 08:30 :** Morning yoga: a dynamic practice incorporating philosophy, mindful movement, pranayama, mudra, meditation and journaling.
- 11:00 :** Gorgeous shared brunch overlooking the treetops or possibly served from the boat house.
- 12:00 :** Free time, for relaxing, swimming (in the pool or lake), canoeing, paddle boarding, holistic treatments, exploring local area, etc.
- 15:00 :** Fresh king coconuts and other tropical fruits served with herbal tea, allowing space to chill out and chat.
- 16:30 :** Evening yoga: a soothing practice incorporating discussion, yin yoga, restorative yoga, pranayama, mantra, and yoga nidra.
- 19:00 :** Delicious Dinner on the Top House deck.

*The retreat includes a half day excursion to a Monastery and temple caves, plus a full yoga-free day for additional optional excursions and/or relaxation time.*

## Location

Rukgala Retreat Centre is situated south-east of Kandy, in the centre of Sri Lanka, around 3.5 hours' drive from Colombo International Airport (CMB).

Colombo International Airport can be reached by direct international charter flights with Sri Lankan Airlines from Heathrow, as well as indirect options from many other airlines, including: Emirates, Oman Air and Qatar Airways departing from multiple UK airports.

Transfers: Rukgala can arrange for a driver to meet you at the airport and bring you directly to the retreat centre at the cost of around \$100 per van – each van can be shared by up to five people. Similar return transfers can also be arranged. This payment should be made direct to Rukgala. It's also possible to travel most of the way via an breath-taking train journey.

## Accommodation

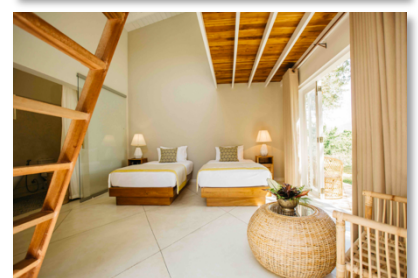
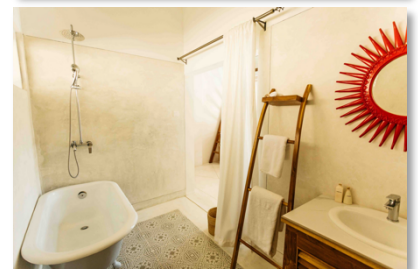
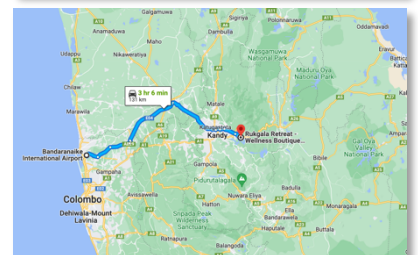
The top house has four air-conditioned bedrooms (some with four-poster beds), en-suite shower rooms and private balconies. The garden cottage offers a further four air-conditioned bedrooms, with en-suite bathrooms and small private gardens.

There are also various shared spaces, including a reading room, chill out lounge, dining space and viewing deck overlooking the lake.

A beautiful wooden yoga shala, surrounded by lush greenery, is made available for personal use as and when classes are not being taught, allowing for self-practice or relaxation between sessions.

Guests also benefit from a private swimming pool, with sun loungers, sun shades and a fire pit seating area.

The lake is just a stroll away where guests can borrow Rukgala's canoes and paddle boards. It's also safe to enjoy wild swimming in the lake.





## Food and Drink

All food is vegetarian, wholesome, nutritious and, wherever possible, organic.

The day starts with fresh tropical fruits, homemade granola's, porridge, fruit juices and herbal teas.

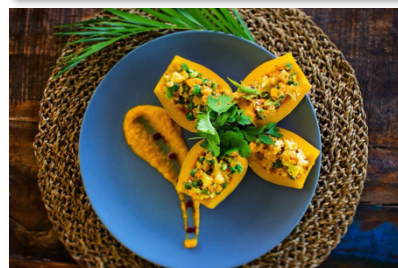
After the morning yoga session, we will share a delicious brunch comprising of: freshly baked breads, local eggs cooked to order, raw salads, sprouted beans, homemade dips, light curries, roasted vegetables and seeds.

Mid-afternoon King coconuts and tropical fruits provide a boost of energy before the afternoon yoga session.

In the evening; a delicious vegetarian meal, catering for all preferences and appetites: nourishing soup, Sri Lankan plant-based curries, brown rice, and local vegetables, followed by a gluten-free, guilt-free, vegan dessert.

Throughout the day, guests have access to herbal teas and coffee. It may also possible to order additional snacks, tropical fruit and juices. Rukgala does not have a licence to sell alcohol onsite. Allergies and other specific dietary requirements can be accommodated. Please let us know when booking.

*Note: Mineral water is provided and used to make ice cubes.*



## What's Included:

- 10 night's accommodation at Rukgala
- Air-conditioned bedroom, with en-suite bathroom and balcony or private garden
- Morning light breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Vegetarian buffet brunch
- Afternoon coconut and fruits
- Afternoon/evening yoga session with Emma
- Delicious evening buffet meal
- Fresh water, tea and coffee
- Free wireless internet connection
- Group excursion to local temple and caves
- Easy access to a fresh water lake, safe to swim in
- Use of paddle boards, canoes and mountain bikes
- One yoga-free day, to allow time for an extra excursions (optional), exploring the local area, massage treatments or relaxation time

## What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, tuk-tuks etc.
- Additional excursions and activities
- Massage treatments
- Additional accommodation before/after retreat dates
- Alcohol (but you are welcome to buy your own from the local town)



## About Your Teacher - Emma Bacon

Emma Bacon is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga principles and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle.

Emma teaches Hatha Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies. Emma endeavours to teach in a way that encourages all students to personalise their practice, ensuring that sessions always nourish the mind, body and soul. She likes to empower students to make good choices, based on individual needs, whether obvious or from somewhere deep inside. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower real transformation.



In addition to her yoga experience and training, Emma has qualifications linked to life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She runs a wellbeing campsite offering glamping, camping, yoga classes, workshops, sound baths, kirtan and retreats. She also provides one-to-one life coaching sessions, drawing on her knowledge of Yoga and Ayurvedic principles, in combination with more westernised life coaching techniques.

Recently, Emma has been working with an international team of people creating a new wellbeing app called 'Aime', designed to support physical and emotional health. See [www.aime-health.com](http://www.aime-health.com) for further information or to sign up to the free app.

As a wife and mother of two (plus about 40 animals!), Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self.

## Dates and Investment

**The retreat starts on the afternoon of Thursday 30<sup>th</sup> January 2025 and ends the morning of Sunday 9<sup>th</sup> February 2025 (specific timings to be confirmed nearer the time).**

In order to make the most of their time in Sri Lanka, students are welcome to arrive prior to the retreat, and/or stay a longer afterwards. Any additional accommodation requirements can be organised with Rukgala directly. Costs are \$125 per night based on 2 sharing or \$88 per night for single occupancy. Alternatively, adventurers might like exploring other areas of Sri Lanka, before or after the retreat dates.

Please note: An initial, non-refundable deposit is payable to secure a booking, with an interim payment 8 months before the retreat date, and a final balance due 4 months before. Payments should be made to Rebalancing Me Ltd – account details provided at time of booking.

**There are only 17 spaces available. Bookings are on a first come first served basis, with a deposit required to guarantee a booking. Please contact Emma on 07790 296737 or email [info@laurelparkcampsite.co.uk](mailto:info@laurelparkcampsite.co.uk) to book (ensuring you have read and understood our international terms and conditions).**

### Sharing price:

Based on two sharing an air-conditioned room with en-suite shower/bathroom: £1100pp

Deposit £400 (paid at time of booking) in GBP  
Balance £400 (paid 8 months before retreat)  
Final balance £300 (paid 4 months before retreat)

### Single occupancy price (Only one available):

Based on an individual occupying an air-conditioned, en-suite room: £1300pp

Deposit £500 (paid at time of booking) in GBP  
Balance £500 (paid 8 months before retreat)  
Final balance £300 (paid 4 months before retreat)