



# Chakras Connections

10-Day Immersive Yoga Retreat – Near Kandy, Sri Lanka  
Thursday 30<sup>th</sup> January to Sunday 9<sup>th</sup> February 2025

## Frequently Asked Questions:

### What time does the retreat start and finish?

- Check in time: After 14:00 on Thursday 30<sup>th</sup> January 2025
- First class: Thursday 30<sup>th</sup> January, 16:30, allowing for introductions and a gentle practice to unwind after travelling
- Last class: Saturday 8<sup>th</sup> February, 16:30, for a final practice and gratitude circle, following by a final dinner together
- Check out time: Before 11:00 Sunday 9<sup>th</sup> February 2025 (Emma's birthday!!!)

### Do I have to attend all the yoga sessions?

Participation in the yoga sessions is encouraged, however, you can choose to attend or not, dependant on your needs and preferences. Classes are designed to teach you about a specific theme, weaved into sessions throughout the week, bringing together ancient yoga philosophy and modern-day living.

On the majority of days, Emma will offer a dynamic yoga practice in the morning, and then a more relaxing session in the late afternoon. Sessions will include group discussion, journaling, asana practice (hatha/flow/yin/restorative), pranayama, mantra, mudra, and meditation.

One of the retreat days will include an excursion to a local monastery and some temple caves (including in the retreat price). In addition to this, the retreat schedule includes one yoga free day, allowing guests more time for relaxation or exploration of the local area and activities – a variety of excursions can be recommended and arranged by Rukgala (not included in the retreat price).

### What should I bring with me?

Yoga equipment: Rukgala yoga retreat can provide yoga mats, bricks, bolsters, blocks etc. However, in the interest of hygiene, students are encouraged to bring their own yoga mat and a blanket.

Sun cream and sunglasses: The weather is hot and bright in Sri Lanka, so bring appropriate protection from the sun – the temperature is likely to range between 22-32 degrees.

Mosquito repellent: Mosquitoes are not a big issue, especially during the daytime, though you might still benefit from bringing some mosquito repellent for the evenings. All beds have a mosquito net, as standard.

Electrical adaptor plug: The voltage in Sri Lanka is 230 V and 50 Hz. Therefore, they use plug type D, which has three round pins in a triangular pattern and plug type G, which has three rectangular pins in a triangular pattern. Also, it's worth noting that short term power cuts may occur.

Driving licence: Only necessary if you want to hire a scooter, motorbike or car during your stay in Sri Lanka.

Appropriate clothes and shoes: Be sure to bring loose fitting clothing suitable for practicing yoga / hot weather, though also bring some warmer clothes to ensure your comfort early in the morning and later in the evenings. Swimwear is required for sunbathing or swimming (as nudity is not considered appropriate). And finally, though you may like to travel in shoes or trainers, you might like to bring flip flops, sandals or crocs to use around the retreat venue.

### **If I'm coming alone but have booked a shared room, who will I share with?**

Emma will endeavour to match guests up with like-minded people that will get along well. Whenever possible, students will be introduced to each other in advance.

### **Can I stay at Rukgala before and after the actual retreat dates? How do I arrange this and how much is it?**

Yes. It's possible to arrange extra nights at the Rukgala Retreat Centre before or after the retreat dates. For further information, or to make a booking, contact Rukgala directly – website: <https://www.rukgalaretreat.com/>

Bed and breakfast at Rukgala in 2023 costs \$125 USD for two people sharing and \$88 USD for a single occupancy. Rukgala has kindly agreed to honour their 2023 prices to guests staying before or after the retreat in 2025. All rooms are subject to availability at time of booking.

Equally, you're welcome to arrange accommodation before/after the retreat dates elsewhere in Sri Lanka.

### **If I'm travelling alone, might there be other people on my flight going on the same retreat? And if so, how can I travel with them?**

Students are responsible for organising their own travel arrangements; however, Emma will endeavour to help students link up with other people going on the same flights, enabling shared transfers and like-minded company. To help with this, Emma will set up retreat WhatsApp group, enabling retreat attendees to communicate with each other in advance, during, and after the retreat.

### **Are there many flight options?**

It is possible to fly from the UK to Sri Lanka via a direct flight, with a flight time of approximately 10-11 hours. Various airlines travel to Sri Lanka, from a numerous airport in the UK. To give you an idea of costs, a direct flight in January/February in 2024 (a year earlier than the retreat), currently cost just under £900.

### **What is the time difference?**

Time zone: Sri Lanka is 4 ½ hours ahead of the United Kingdom.

### **Can Rukgala organise transfers to and from the airport?**

Yes. Rukgala can arrange for someone to meet you at the airport and drive you to the retreat centre (around 3½ hours). This transfer time provides an opportunity for you to view the surrounding area from the comfort of a car or mini-van, perhaps with fellow guests on retreat with you. Transfers cost approximately \$100 each way, but this cost can be split with other people sharing your car/van, bringing the expense down to as little as \$20 USD each. This cost will be paid direct to Rukgala.

### **What excursions could I do? Are these included in the retreat price?**

The retreat price includes a half day excursion – a guided group walk to Bombaragala Monastery and cave temples.

The retreat schedule will also include one yoga-free day, allowing for extra relaxation time, or an additional excursion of your choice (at an extra cost). Possible day excursions include the following:

Day trip to tea fields and waterfalls at Ashburnham Estate (Rukgala's sister property – 1½ hours' drive away) - \$55 per person, assuming a minimum of six-eight people.

Day hike in the Knuckle Mountains, towards Meemure, Sri Lanka's most remote village, and the eye-catching mountain peak of Lake gala (2¼ hours' drive away) - \$55 per person, assuming a minimum of six-eight people.

It may also be possible to organise a trip to an Elephant sanctuary, subject to enough interest – price to be confirmed (but probably around \$55-65 per person).

Emma and Rukgala can help to organise these group trips, though it's possible for guests to make their own arrangements during the non-yoga day, or before/after the retreat dates.

## What is there to do at Rukgala?

For some, retreating means keeping things simple and staying in one place for a while, so what could you do onsite at Rukgala? Here are some ideas:

- Yoga practice
- Enjoy time by the pool
- Wild swimming in the lake
- Canoeing or paddle boarding on the lake (equipment available from Rukgala)
- Mountain biking (some bikes available from Rukgala)
- Reading or journaling
- Hiking the local area
- Have a massage or arrange an excursion
- Onsite cooking class (approximately \$20 per person, pre-arranged group booking required)
- Sky gazing, especially beautiful at sun set, sun rise, or when the stars are out
- Nature watching – the local monkeys will likely keep you amused!

## What food and drinks are included in the retreat?

During the retreat dates, guests are provided with the following:

### **Early breakfast option (before yoga):**

Homemade nutty granola, overnight oats, seasonal fruits, juices and herbal teas.

### **Mid-morning Brunch (after yoga):**

Selection of raw salads, sprouted beans, homemade dips, light curries, roasted vegetables, seeds, selection of freshly baked bread, various spreads, local eggs, roti, hoppers and dhal curry.

### **Mid-afternoon snack:**

King coconuts and tropical fruits.

### **Evening dinner (after yoga):**

Digestif elixir, nourishing soup, plant-based curries, brown rice, local vegetables. Followed by an optional gluten free, guilt free, vegan dessert.

### **Refreshments:**

Water, herbal tea and coffee can be provided throughout the day upon request.

Alcohol is not provided during the retreat. Rukgala does not currently have an alcohol licence. Guests may purchase alcohol from the local shop (within walking distance of Rukgala), to have at the retreat, if desired.

## When and how do I pay for the retreat?

A non-refundable deposit is required to guarantee one of the limited spaces on the Sri Lankan retreat. An interim payment is due eight months before the retreat date, with a final payment expected four months before the retreat date. Payments should be made online, to the following bank account:

Account name: Rebalancing Me Ltd  
Account number: 43559459  
Sort code: 20-57-40  
Reference: Sri Lanka

## What if I am unable to attend due to unforeseen circumstances?

Deposits are non-refundable (unless transferred to an alternative guest, if agreed with the organiser). In the event of cancellation by the customer, regardless of circumstances, the following refund fees, minus the non-refundable deposit apply:

Cancellation more than 16 weeks before the retreat start date, 100% refund  
Cancellation 8-16 weeks before the retreat start date, 50% refund  
Cancellation up to 8 weeks before the retreat start date, 0% refund

Therefore, we recommend you acquire appropriate travel insurance, covering unforeseen circumstances, such as illness.

## Will I need a visa?

You will be required to obtain a short-term tourist e-visa in advance of travelling to Sri Lanka. These are available via an online application process (at the cost of \$50/person).

You also have to complete an online embarkation form – this is a free service.

Visit the following website for more information: <https://www.gov.uk/foreign-travel-advice/sri-lanka/entry-requirements>

The address and contact for the destination on your Visa is:

**Contact:** Max Duddy **Address:** Rukgalawatta, Nithulemada, Senarathwela, Digana, 20904, Sri Lanka

## Do I need to have vaccinations to travel to Sri Lanka?

It's best to consult your doctor/travel nurse about any personal vaccinations you may need for travelling to Sri Lanka. They will check whether you're up to date with your Tetanus vaccination, and if you've not already had them, you might also be advised to have a Hepatitis A, Hepatitis B and Typhoid injection.

Sri Lanka is not a high-risk malaria area and most of the local internationals do not take malaria tablets as the side-effects can be controversial.

## What happens if I need medical attention during the retreat?

There is a modern hospital in Teldeniya, twenty-five minutes from Rukgala, offering good standards of healthcare and cleanliness. There is also a health clinic in Digana, just fifteen minutes from the retreat centre.

## Is Sri Lanka a dangerous place (for a woman on her own)?

Sri Lanka is a very safe country for westerners to visit. Women do not need to feel concerned about travelling alone.

## What will the weather be like?

The weather is likely to be warm and dry, with temperatures ranging from 22-32 degrees in January/February. Rain is unlikely (but possible) during the retreat dates.

## Will my mobile phone work in Sri Lanka? And is there access to the internet?

Your phone will automatically switch to the local network and be able to send texts and make calls. Charges will vary, dependant on phone providers. Free Wi-Fi is available at the retreat centre.

## Where could I exchange/withdraw money?

The Sri Lanka Rupee is the unit of currency used in Sri Lanka, symbolised by LKR to distinguish it from other Rupees. The Rupee is sub-divided into 100 cents.

You can purchase Sri Lankan money in the UK, online or in person, but Thomas Cook say: *“The best way of getting your Sri Lankan spending money is to take sterling notes and swap them for rupees at the airport, where the banks and money exchanges are open 24 hours a day. They offer the same rate as the plentiful banks and exchanges all over the island.”*

Locally, you can also use a credit card to withdraw rupees from an ATM (though the exchange rate will be more favourable via other methods).

## Are there places to go shopping? And if so, what kind of things could I buy there?

There is a small shop selling basic items (such as toothpaste and snacks) just five minutes’ walk from Rukgala. It’s fifteen minutes to Digana, where you can find a wider variety of shops, including a pharmacy and clothing stores. Kandy is the closest major town, which is approximately 45 minutes away, selling everything you might desire, including locally made items alongside imported items.

## Can I book a massage or spa treatment?

Currently, Rukgala can offer a full body massage from a designated spa room onsite. By January 2025, it’s possible that additional treatment options will be made available. Treatments can be booked in advance of arrival, during times in between planned yoga sessions, or whilst you’re on retreat. A one-hour treatment is likely to cost approximately \$35.

## Other questions?

Contact Emma via email address [info@laurelparkcampsite.co.uk](mailto:info@laurelparkcampsite.co.uk) or message via mobile number 07790 296737.

