



**CHENNAI**  
YOGA STUDIO

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1759/160, 6<sup>th</sup> Avenue, Annanagar West, Chennai- 600040

chennaiyogastudio@gmail.com

+91 9940215351

Namaste,

We hope you are ready and excited to undertake the yoga retreat with us to Serene Sri Lanka.

**Course Location:**

Our course is located in the stunning vistas of the Chinma Mission Ashram in Sri Lanka . The exact address is:

**Sri Bhakta Hanuman Temple**

Wevandon Hills

Rambodha Village

Rambodha ,

Sri Lanka -20590

☎+94-52-225 9645

The ashram is situated 45 kilometres away from the hustle-bustle of Colombo city and is set in an unforgettable location with stunning views of emerald green hills of Nwara Eliya. The ashram is built to luxurious modern tastes and provides everything from running hot and cold water to four-poster beds.

The place is eco-friendly and you are kindly requested to respect the ashrams rules and regulations. Please note that all accommodation will be on a sharing basis.

**2. First day of the course/ orientation meeting:**

There is a shuttle bus that will leave Colombo airport at 8.00 – 9:00pm on 28th of November. From here we will drive through the rich landscape of Sri Lanka to reach our ashram at 10:30 pm. After a light refreshment, participants can rest so that we can meet by 7:30 am the next day for meditation in our yoga hall.

After the meditation and yoga practice, we will have a small welcoming ceremony to give you general information about the retreat, ashram and the history and culture of Sri Lanka. We also hope to play a few games so you can get to know each other.



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### **3. Yoga Mat:**

You are required to bring your own yoga mat. Please note, we will be on the outskirts and there will be NO place to buy a yoga mat if you don't bring one.

### **4. How to reach**

The ashram is located two and a half hours drive from Colombo International Airport. Nuwara Eliya is very popular region, so local people will help you to get there – if you choose not to get the transfer bus with us. If you have any problems with finding the place, please give Rohini a call on +91 9940215351 so she can help you find a way.

The best option is to take a cab from the airport.

To get to Sri Lanka we recommend:

a. Take the international flight Air India AI273 on Wednesday the 28th so you can reach Sri Lanka by 7:30 pm. You can aim to book AI274 and fly out at 5:00 pm on the 2<sup>nd</sup> of December.

Please check all the options on [www.makemytrip.com](http://www.makemytrip.com) or <http://www.cleartrip.com/>



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**5. THE SCHEDULE & PROGRAM:**

Time	Thu	Fri	Sat	Sun
7:30 AM	Meditation			
8:00 AM	Yoga till 9:30			
9:00 AM				
10:00 AM	Breakfast			
11:00 AM	Ice breakers + introduction to ashram, heritage of Sri Lanka and Nuwara Eliya region	Trip to Horton Plains	Trip to Dunsinane falls	Day trip to colombo
12:00 PM				
1:00 PM	Lunch	Lunch		
2:00 PM	Rest	Trip to Horton Plains	Rest	
3:00 PM			Workshop on Buddhist traditions	Trip to Colombo
4:00 PM			Workshop on Patanjali yoga Sutras	
5:00 PM	Walk to Hanuman Temple		Walk to Hanuman Temple	
6:00 PM	Yoga			Flight back home
7:00 PM	Dinner			
8:00 PM	Yoga Nidra			
9:00 PM	Movie Night	Rest	Moonlight walk	

This is the tentative schedule which may be revised as per the circumstances\*



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#### **6. What to bring:**

November is a beautiful month to visit Sri Lanka- days are sunny and warm but the nights are cold and chilly. We recommend you to take warm clothes – hoodies, shawls and socks are a must. We also recommend you bring mosquito spray, an umbrella and a torch.

Don't forget about comfortable shoes as there are many nice treks close by !

We are looking forward to practicing with you!!

CYS Yoga Team

