



Yoga, Pilates + Ayurveda  
'RE-BALANCE' RETREAT  
SRI LANKA | 4-10th MARCH 2027

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Re-connect to a place of balance on our private jungle estate, designed for tranquility and wellbeing. Our boutique sanctuary is in southern Sri Lanka, close to Galle city and nestled on beautiful Koggala Lake's shore, surrounded by lush greenery.

This retreat offers a nurturing journey to slow down and recalibrate body and mind in harmony and alignment with nature. Expect morning meditation and dynamic yoga and Pilates, evening restorative yoga, bespoke Ayurvedic consultations and treatments, alongside rich local immersion in wildlife and culture.

THE YOGA CLASS

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BY LAURA DODD





## THE LOCATION

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Commissioned to the award-winning Shanghai-based architects A00, each suite is designed to cultivate a sense of deep intimacy with the surrounding environment, offering uninterrupted views over the serene expanse of Koggala Lake—Sri Lanka's largest and most scenic inland body of water.

Scattered across the undulating landscape are three distinct clusters of accommodations. The Tree Houses gently hover over the hillside, floating above the treetops and offering panoramic lake views. The Cottages honor Sri Lanka's vernacular architecture, merging traditional forms with modern minimalism, and the Garden Suites cascade down the gentle slopes with understated elegance.

Surrounded by lush jungle and cinnamon plantations, but just a 10-minute tuk tuk ride away lie the golden South coast beaches, well-known for their surf culture and laid-back local charm. This southern province is steeped in culture, from stilt fishermen balancing on the waves to nearby Buddhist temples where ancient rituals are still practiced daily.

Celebrated by Condé Nast Traveller, National Geographic, and The New York Times, our Retreat is more than a destination—it is a curated experience of Sri Lanka's natural beauty, warm hospitality, and timeless cultural heritage.







## THE PRACTICES

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Your teachers are Laura Dodd and Bethany Watts. Laura is an experienced Yoga and Meditation teacher and 'The Yoga Class' Founder, with hundreds of hours training, learning and teaching experience, Laura has been practicing yoga and meditation daily for 10 years, and runs global retreats. Bethany is a seriously talented and super experienced Pilates, Barre, Yoga teacher, PT, 'The Yoga Class' favourite, and head trainer at some of the top London studios.

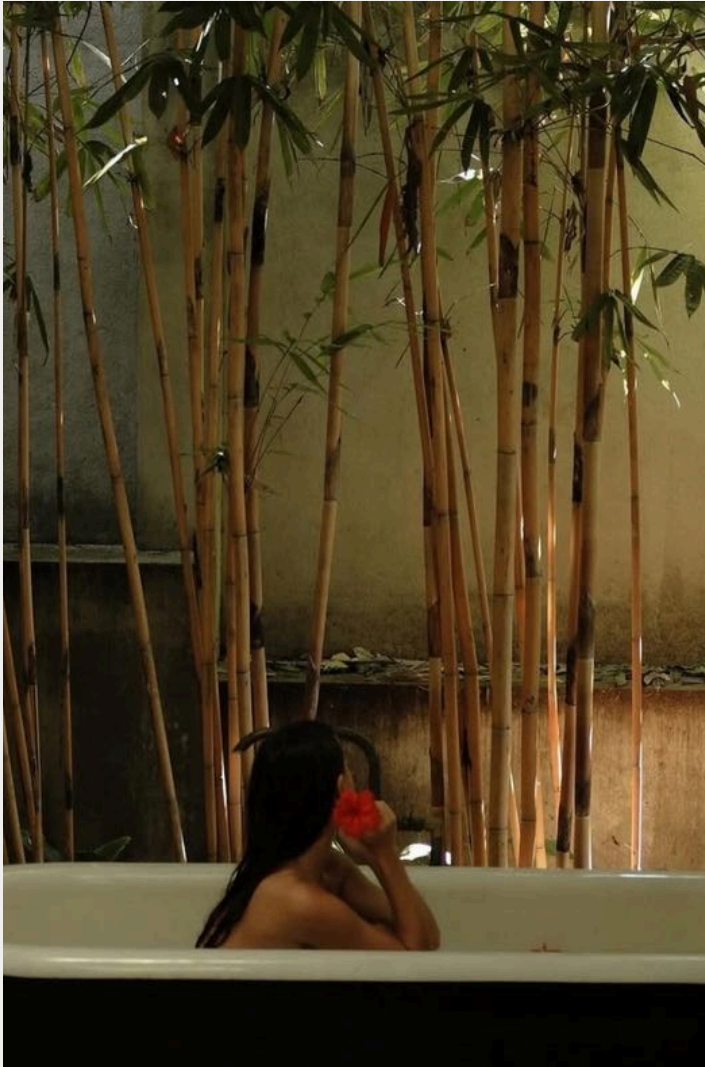
Laura and Bethany's teaching is a blend of mindfulness, strength, and flexibility, emphasising the importance of connecting breath with movement, and prioritising movement that works with you and your body rather than working against it, to create strength, tone and mobility. Their classes are not just workouts; they are holistic experiences designed to nurture body and mind.

Your dynamic morning Yoga or Pilates session will strengthen, stabilise, sweat, energise and connect. Your evening Yoga session will slow down and take you back to centre and into deep relaxation with slow flow, restorative, and Yin Yoga, including Meditative and Breath-work elements. A perfect equilibrium of movement and stillness to find harmony for the body and mind.

We will also welcome a guest Sound Meditation Practitioner to immerse yourself in a journey of healing vibrations, gently aligning mind, body, and spirit. All levels welcome.







## THE AYURVEDA

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Rooted in the ancient Indian system of natural healing, Ayurveda—meaning “the science of life”—guides the wellness philosophy at Kurulu Bay. This holistic approach views health as a dynamic balance between body, mind, and spirit, offering deeply personalised care for sustainable wellbeing.

Your spa experience will begin with an Ayurvedic consultation to understand your unique constitution (Dosha) followed by a bespoke treatment advice. This personalised one-hour signature Ayurvedic therapy is included in your retreat, with access to a full menu of healing rituals available at exclusive guest rates.

Treatments detoxify the body, soothe the mind, ease tension, support digestion, and promote overall well-being—not just treating symptoms but nurturing balance at every level. Delivered by world-class therapists, hand-picked for their mastery in blending the intuitive depth of Eastern wellness with the effectiveness of Western science.





## THE ROOMS

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Choose from beautifully designed cottages, treehouses, garden suites, or villas—each designed for soulful connection to the lake and forest.

All rooms feat views of the lake, forest, or pools, ensuite bathroom, outdoor seating areas, air conditioning, overhead fan, high-speed WiFi, kettle with tea facilities, safety deposit box, universal electrical socket, shampoo, conditioner and body wash, turndown and room service.





## THE FOOD

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Food is a part of wellbeing and Ayurveda—a celebration of nourishment, nature, and culture. All meals are thoughtfully prepared in The Kitchen- an open, lake-facing culinary space.

Enjoy meals crafted using locally sourced, seasonal produce, freshly caught seafood, and organic ingredients. Inspired by a sea-to-table philosophy, created with intention, and infused with the unique character of the chefs.

Breakfast includes fresh coffee, tea, fresh coconut water, fresh fruits and nuts, breakfast smoothies, porridge with fresh fruit and nuts, with sourdough toast with avocado and eggs of your choice.

Energy balls, nuts and fresh fruit, are served as afternoon snacks and herbal teas and smoothies are available throughout the day to keep you nourished and hydrated.

Expect vibrant, flavourful 3-course dinners that highlight the best of Sri Lankan cuisine—from aromatic curries and sambols to tropical fruits and fresh coastal fare—alongside light, wholesome options tailored to your wellness journey.

All dietary preferences and requirements are warmly accommodated with care and creativity.







# THE ITINERARY

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*SriLankan Airlines (Direct) 03.03.27 LHR 20.40PM - CMB 1230PM (+1/ 04.03.27)  
or/ Turkish Airlines (1-stop) 03.03.27 LHR 1130AM- CMB 06.10AM (+1/ 04.03.27)*

## 4th March

2PM Check in- Goodie Bags on arrival  
530PM Welcome Circle + Post-Flight Yoga Flow w/ Laura  
7PM Dinner

## 5th March

745AM Morning Refreshments  
8AM Morning Meditation and Dynamic Yoga on Lake view Deck/ Shala w/ Laura  
930AM Breakfast  
1030AM Group Beach Visit via Tuk Tuk  
230PM Afternoon Snacks, Treatments, relax in grounds + pool area  
530PM Sunset Yin Yoga Session on Lake view Deck/ Shala w/Beth  
7PM Dinner

## 6th March

745AM Morning Refreshments  
8AM Morning Pilates on Lake view Deck/ Shala w/Beth  
930AM Breakfast  
1030AM Group Buddhist Temple Tour  
230PM Afternoon Snacks, Treatments, relax in grounds + pool area  
530PM Sunset Slow Flow to Restore + Breath-work Session on Lake view Deck/ Shala w/Laura  
7PM Dinner

## 7th March

745AM Morning Refreshments  
8AM Morning Pilates on Lake view Deck/ Shala w/Beth  
930AM Breakfast  
1030AM Optional Surf Lesson or Catamaran Tour or/ treatments, relax in grounds + pool area  
230PM Afternoon Snacks  
530PM Sunset Yin Yoga Session on Lake view Deck/ Shala w/ Beth  
7PM Dinner

## 8th March

745AM Morning Refreshments  
8AM Morning Meditation and Dynamic Yoga on Lake view Deck/ Shala w/ Laura  
930AM Breakfast  
1030AM Lake Boat + Spice Island Tour  
230PM Afternoon Snacks, Treatments, relax in grounds + pool area  
530PM Sound Meditation Special  
7PM Dinner

## 9th March

745AM Morning Refreshments  
8AM Morning Pilates on Lake view Deck/ Shala w/Beth  
930AM Breakfast  
1030AM Wildlife Safari to see Elephants wild on reserve  
230PM Afternoon Snacks, Treatments, relax in grounds + pool area  
530PM Sunset Restorative Yoga on Lake view Deck/ Shala w/ Laura  
7PM Dinner

## 10th March

730AM Breakfast  
11AM Check out.

*SriLankan Airways (Direct) 10.03.27 CMB 12.50PM- LHR 19.10PM  
Turkish Airlines (1-stop) 10.03.27 CMB 7.40AM- STN 16.20PM*

(This is a sample itinerary and days/ times of activities may be subject to slight changes)





## WHATS INCLUDED

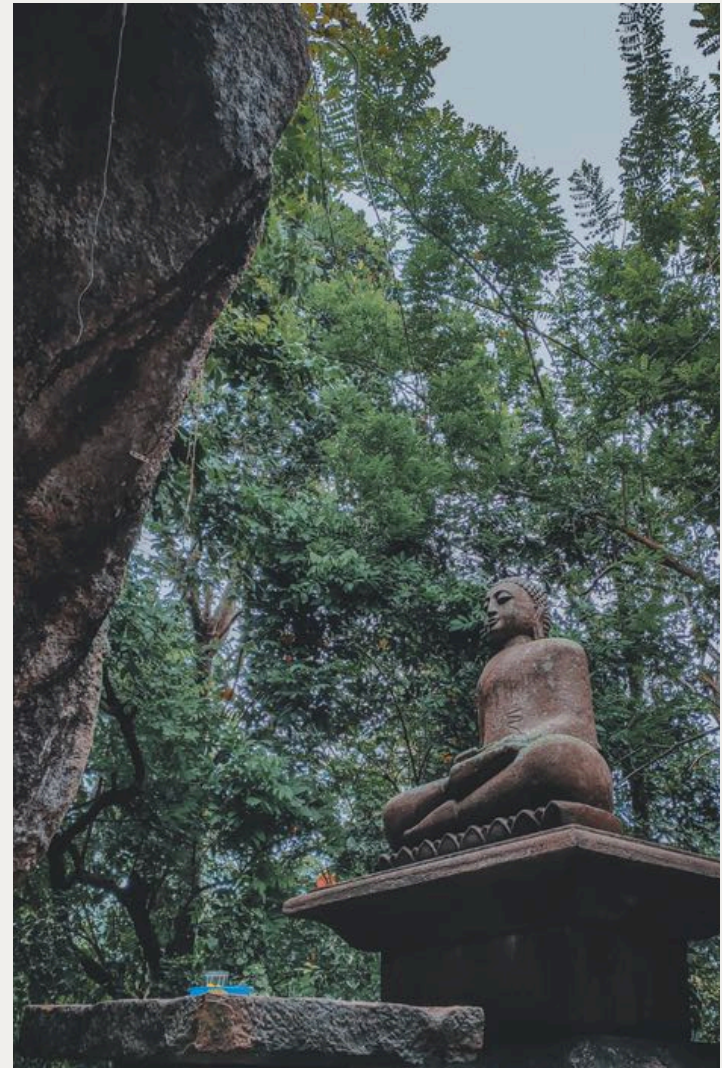
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- 6 nights luxury ensuite accommodation
- Twice daily yoga, Pilates + meditation sessions
- Ayurvedic consultation + 60min tailored Ayurvedic treatment
- Healthy brunch, afternoon snacks and 3-course evening menu
- Herbal tea, filtered water and juice throughout day
- Group Wildlife safari w/ Elephants and local wildlife
- Group Buddhist temple tour with blessing
- Group Beach trip on Tuk Tuks
- Group Lake + Spice Island Boat Trip + Tour
- Airport transfers (subject to booking recommended flights)
- Welcome Goodie Bag packed with wellbeing gifts

## WHATS NOT INCLUDED

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- Flights to Colombo (usually £700 ish return from the UK)
- Travel Insurance
- Optional surf lessons or catamaran tour
- Optional 50 min Private or Semi Private Reformer Pilates Sessions £45-£85
- Alcoholic drinks



## THE ROOM DETAILS

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### THE TREEHOUSES | SOLO

Lake and/or pool views | AC & Overhead fan | King-size bed | Ensuite bathroom | Outdoor seating area

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### THE GARDEN SUITES | SOLO OR SHARING

Garden / lake views | AC & Overhead fan | Double or twin bed | Ensuite bathroom | Separate lounge area | Outdoor seating area

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### THE COTTAGES | SOLO OR SHARING

Garden / lake views | AC & Overhead fan | King-size bed | Ensuite bathroom | Outdoor seating area

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# THE ROOM DETAILS

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THE 2-BED VILLA (per room) | SOLO  
Garden / lake views | Private pool | AC & Overhead fan | 2  
king-size beds | 2 ensuite bathroom | Outdoor patio | Indoor  
seating area | Kitchenette

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## THE PRICES

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### *THE 2-BED VILLA (per room)*

Early Bird Single Occupancy- £2450

Single occupancy - £2550

### *THE TREEHOUSES*

Early Bird Single Occupancy- £2300

Single occupancy - £2400

### *THE GARDEN SUITES*

Early Bird Single Occupancy- £2350

Early Bird Shared Occupancy per person- £1850

Single occupancy - £2450

Shared occupancy per person- £1950

### *THE COTTAGES*

Early Bird Single Occupancy- £2250

Early Bird Shared Occupancy per person- £1800

Single occupancy - £2350

Shared occupancy per person- £1900

To secure your booking a 50% deposit is needed and the balance will be paid 70 days before arrival. Early Bird until 31.10.26

Love your hosts,  
Laura + Bethany xx

