



GOLDEN TEMPLE

Renew

IN SRI LANKA
17.01.-02.02.25

EXPERIENCE A MAGIC JOURNEY

BOOK
NOW!

Only
10
Spaces

- AYURVEDA

- YOGA+MEDITATION

- PANCHAKARMA

- SERENITY+NATURE

- SUN, BEACH, POOL

- EXCLUSIVE



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WELCOME TO A MAGIC JOURNEY TO SRI LANKA

YOGA – AYURVEDA – PANCHAKARMA

1. My Inspiration for This Trip and the Story Behind it
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4. Oh! What to Choose? Do you go for a Yoga Retreat or the full Ayurvedic Panchakarma Treatment?
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1. MY INSPIRATION FOR THIS TRIP AND THE STORY BEHIND IT

Sat Naam, I am so happy! After these past few weeks of preparing and organising all the details everything is now ready for you! You are warmly invited to join me for a Journey to Sri Lanka to heal, rejuvenate and renew!

Perhaps you know that I went to Sri Lanka in January this year to do a Panchakarma Treatment. A first in my life. Being a yogini and following a fairly healthy and conscious life-style, I thought it would be basically a nice treat to get daily massages and healthy food I didn't have to prepare myself. Also the extra perk of being away in the tropics during the coldest time of the year. I couldn't be more far off. While it was a very nice treat indeed, it was also a somewhat challenging process of cleansing, healing, re-calibrating and relaxing on a surprisingly deep level. I had not expected this. I couldn't say when I felt last so relaxed and whole. Bottom line is: I can only recommend this to everybody - especially women in their menopausal years - to make this a regular self-care tradition. Plus: I fell in love with this special place between palm trees and beach. And that is why I am going again in 2025 and this time you can join me.

Let's do this and and let's go together!

Pictures courtesy of Samuel, Ravindra and Bachitar



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2. WANT A SNAPSHOT OF THE KEY HIGHLIGHTS?

Experience the magic of Sri Lanka from our cosy and conscious beachside retreat on the West Coast near Beruwala. Enjoy the warm hospitality of friendly locals, relax on pristine beaches and take in the beauty and calming sound of the crystal clear Indian Ocean. Feel the Prana (life-energy) in our ayurvedic meals that will nurture your well-being and vitality. Explore nearby temples, markets and participate in full moon pujas. Optional selected day trips offer a further glimpse of the rich culture and nature that make Sri Lanka so unique. For a deeper sense of relaxation and renewal, you can additionally partake in yoga and meditation classes each day. You can choose to join us for a relaxing and rejuvenating Yoga Retreat or experience the transformative impact of the Ayurvedic Panchakarma Program, tailored to meet your individual needs. And much more!



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3. ACTUALLY, WHAT IS AYURVEDA?

The term Ayurveda comes from Sanskrit and means “the knowledge (Veda) of life (Ayus)”. Ayurveda aims to maintain the health of healthy people and heal the sick, not only physically, but also mentally, emotionally and spiritually.

Accordingly, Ayurveda is a holistic health teaching that originated in India over 5000 years ago. It is therefore one of the oldest holistic healing methods in the world. In 1976, Ayurveda was officially recognized as “traditional medicine” by the World Health Organization (WHO) and is still taught at scientific universities in India and Sri Lanka.

The aim of the various elements of Ayurveda is to create a balance between body, mind, soul and environment. Only those who are balanced and at peace with themselves, their fellow human beings and their environment remain healthy and productive.

Central elements of Ayurveda are

- Oil massages and cleansing techniques
- A predominantly plant-based diet
- Yoga and meditation
- Herbal medicine

We do not perform other cleansing techniques such as bloodletting or vomiting.

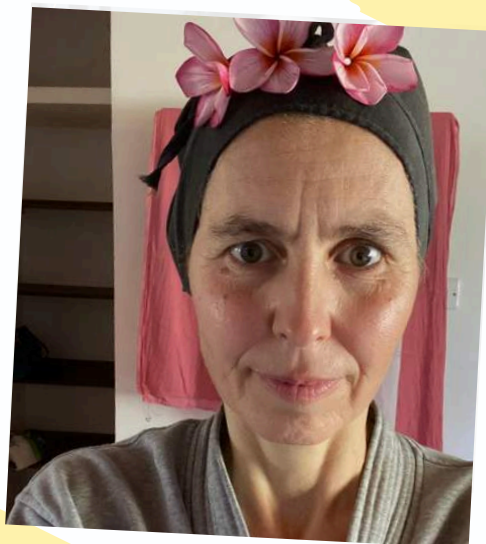
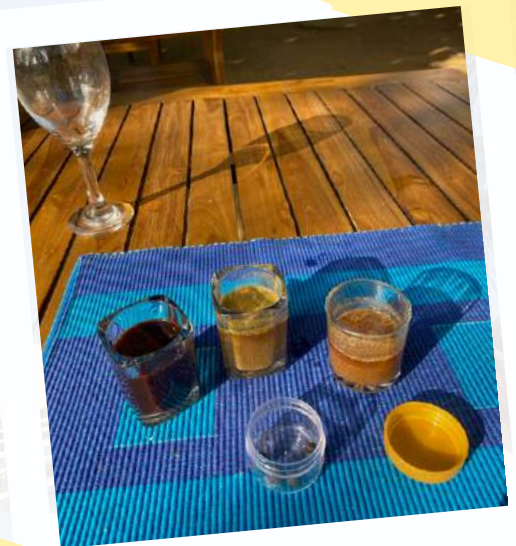


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AND WHAT IS PANCHAKARMA?

Panchakarma is a traditional Ayurvedic therapy designed to detoxify and rejuvenate the body and mind. It involves five main procedures that cleanse the body of toxins, improve digestion, and restore balance to the body and mind. With personalised treatments, including herbal massages, steam baths and dietary plans Panchakarma offers a pathway to profound healing and renewal.



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4. OH! WHAT TO CHOOSE? DO YOU GO FOR A YOGA-RETREAT OR THE FULL AYURVEDIC PANCHAKARMA TREATMENT?

KEY FACTS YOGA RETREAT

You can join us for a spiritual retreat to engage with your body, mind and soul. This means Yoga, Meditation and Ayurveda – of course with the opportunity to explore Sri Lanka. A healthy combination of Hanging-Loose, Activity and Well-Being. You will have all amenities that the location offers with the only exception of daily Ayurvedic Panchakarma Treatments

- Direct beach location – all rooms with sea view
- Pool
- Ayurvedic full board with three meals and snacks
- Ayurvedic drinks
- Daily one to two yoga and meditation sessions (see section on yoga)
- One oil massage per week
- Included services: Wi-Fi, sun loungers, in-room safe
- Option to book individual massages (additional fees apply)



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KEY FACTS COMPREHENSIVE AYURVEDIC PANCHAKARMA THERAPY

The Ayurvedic Therapy package includes all the services of the above Yoga Retreat Option. Additionally, the following Ayurvedic services are included in a Panchakarma Therapy (minimum of 14 days):

- Medical history, doctor consultations, final consultation
- Pulse diagnosis
- Determination of the doshas
- Treatment plan
- Approximately 90 minutes of Ayurvedic treatments daily
- Ayurvedic herbal medicine and nutritional recommendations

Regardless of your chosen package, you can book physiotherapy with Ravindra and yoga therapy with Pradeep. The cost is €10 per 30 minutes



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5. EXCITING! DISCOVER OUR RETREAT LOCATION.

It is situated in a picturesque village near Maggona on Sri Lanka's west coast approximately 60km south of Colombo, and directly on the beach. It offers a magical setting for practicing yoga, meditation, and Ayurveda and providing a transformative experience that can profoundly relax and recharge you.

This secluded, newly built hideaway, nestled between the beach and palm trees stands apart from mass Ayurveda tourism. With a capacity of just 12-15 beds, it ensures a serene and tranquil atmosphere. Its boutique-style approach is what makes it particularly special to us.

The property features a spacious garden with a pool and direct access to the beach. The Indian Ocean is just beyond the garden gate, and all rooms offer stunning ocean views with large seaside balconies.

The railway line runs near the house with irregular trains. "Personally, it didn't bother me. The constant gentle roar of the ocean wonderfully distracted me from it." (Bachitar)

The retreat centre is a collaboration between a German yogi and a local physiotherapist, and ensures a blend of international and local expertise.

Learn more about their sustainability concept on the next page.



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THE RETREAT CENTRE'S COMMITMENT TO RESPONSIBLE AND SUSTAINABLE TOURISM

SOLIDARITY WITH THE PEOPLE OF SRI LANKA

A significant proportion of Sri Lanka's population still lives in poverty. Especially in times of crisis, people are left to fend for themselves. When guests stayed away during the coronavirus crisis, many employees suddenly and unexpectedly became unemployed – especially in the tourism industry. With no income and no financial support, people struggled to make ends meet.

We offer people apprenticeships and pay decent wages. Our solidarity is particularly needed in times of crisis.

RESPECT AND APPRECIATION FOR ALL EMPLOYEES

Everyone at the House makes an important contribution to our joint success. Every area of work is equally important and the performance of every employee deserves the same respect. Employees are also invited to take part in yoga and meditation whenever working hours permit.

Our guests are the focus of our work and deserve our full attention. At the same time, we also see our guests as part of the whole and ask that they also treat our employees with respect and appreciation.

SUSTAINABLE ENERGY AND WASTE AVOIDANCE

The ingredients for our Ayurvedic cuisine come from regional, small-scale farms that have been working traditionally for generations.

We avoid waste wherever possible. For example, our guests will find reusable glass bottles in their rooms for filling their drinking water from our large reusable containers. We ensure that unavoidable waste is disposed of in an environmentally friendly manner.

CO2 COMPENSATION THROUGH FOREST PROTECTION AND REFORESTATION

We donate 3 euros per guest per day to Rainforest Protectors Trust. In this way, we help to preserve and expand Sri Lanka's last remaining rainforest. Rainforest Protectors Trust buys land around the protected rainforest and thus creates corridors to increase the habitat of endangered species. As there are no plans to cut down the trees, this creates a long-term CO₂ sink to compensate for intercontinental flights.

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6. WHAT YOGA PRACTISES AND SESSIONS ARE AVAILABLE?

Both experienced local and European instructors offer a variety of yoga styles, including Hatha, Vinyasa, and Kundalini Yoga, tailored to the diverse backgrounds of the guests. German-speaking guest teachers further enrich the experience. Yoga sessions are held from 7:30–9:00 in the morning and from 5:00–6:00 in the evening.

Each evening before dinner at around 6:30, immerse yourself in a Kundalini Yoga Chanting Meditation on the beach and a closing prayer for the day, guided by Bachitar.



7. WHAT DOES A TYPICAL DAY LOOK LIKE?

07:00 Fresh ginger and lemon tea with turmeric for a powerful start to the day

07:30 – 09:00 Yoga and meditation

09:00 Breakfast

09:30 – 12:45 Ayurvedic treatments or free time

13:00 Lunch

13:30 – 18:30 Ayurvedic treatments or free time

15:00 Tea and snacks, (coffee on request)

17:00 – 18:00 Yoga and meditation

19:00 Dinner



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8. NEED TO KNOW: TRAVEL TIMELINE AND DETAILS

Please note: These are recommended travel dates.

Should you wish to join us for less than 14 days, or wish to arrive or depart on different dates, we can accomodate such flexibility.

17.01.25 Travel to Sri Lanka

Individually organised. There is the option to join Bachitar from Zurich airport.

18.01.25 Arrival at Colombo Airport

Optional pre-arranged airport transfer to our final destination in Payagala. Travel time 1,5-2 hours. Orgnised through the retreat centre. Around EUR 70 for a car or EUR 80 for a mini-van (max 6 people) . Or independent travel to Payagala.

As our travel date approaches, you will be connected with all participants through a What's App group to coordinate potential car sharing.

19.01.-01.02. Yoga Retreat or Ayurvedic Panchakarma Therapy

Participants can join organized day trips or explore self-organized excursions as they wish.

If you choose to partake in the Panchakarma Therapy, please be aware that the process can be quite intensive, and you might prefer to remain on-site rather than venturing out. Based on Bachitar's experience, it is generally advisable to engage in day trips during the second week of your stay, after you have acclimated to the treatment.

02.02.25 Departure & Travel

For your departure, you may choose to extend your stay and explore more of the island, visit other destinations such as Amritsar, or return home.

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9. HOW MUCH DOES IT COST?

Prices are based on the 15-night itinerary outlined above and in Euro

Yoga Retreat

- Direct beach location – all rooms with sea view
- Pool
- Ayurvedic full board with three meals and snacks
- Ayurvedic drinks
- Daily one to two yoga and meditation sessions (see section on yoga)
- One oil massage per week
- Included services: Wi-Fi, sun loungers, in-room safe

Single Room: $1.215 + 350 = 1.565$

Double Room (p.p.): $945 + 350 = 1.295$

Ayurvedic Panchakarma Therapy

The Ayurveda package includes all the services of the above Yoga Retreat Option. Additionally, the following Ayurvedic services are included in a Panchakarma Therapy (minimum stay of 14 days):

- Medical history, doctor consultations, final consultation
- Pulse diagnosis
- Determination of the doshas
- Treatment plan
- Approximately 90 minutes of Ayurvedic treatments daily
- Ayurvedic herbal medicine and nutritional recommendations

Single Room: $1.620 + 350 = 1.970$

Double Room (p.p.): $1.350 + 350 = 1.700$

IF YOU PREFER A SINGLE ROOM, WE RECOMMEND BOOKING SOON AS THERE ARE ONLY FOUR SINGLE ROOMS AVAILABLE ALONGSIDE 3 DOUBLE ROOMS.

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10. HOW DO I REGISTER, BOOK AND PAY?

The easiest way to register is online through our portal (www.yogalove.one/sri-lanka-2025) or alternatively complete the registration form on the last page and email it to bachitar@cherdikala.eu. Upon receiving your registration we will send you an invoice for the non-refundable registration fee of EUR 350 (deposit).

Once you have registered with us and we have received your registration fee, you will then receive a link for the Beachside Retreat and Ayurveda Centre, where you can book your room directly for the kind of stay you desire (Yoga Retreat or Panchakarma) and for your precise travel dates.

When you book with the location, a 10% deposit is required, which makes your booking binding. The remaining 90% are payable no later than 30 days before arrival.

Important Booking Information:

We have a limited contingent of 10 beds available for this retreat, which will be held until September 30th. Please note that these beds are allocated on a first-come, first-served basis. After September 30th, we cannot guarantee availability, even if the maximum of 10 beds has not yet been reached. To secure your spot, we recommend booking as soon as possible.

Sat Naam



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11. WHAT IF I NEED TO CANCEL?

Our Refund and Cancellation Policy:

- The registration fee of EUR 350 is non-refundable.
- The Beachside Retreat and Ayurveda Centre offers the possibility to cancel before arrival free of further charge.

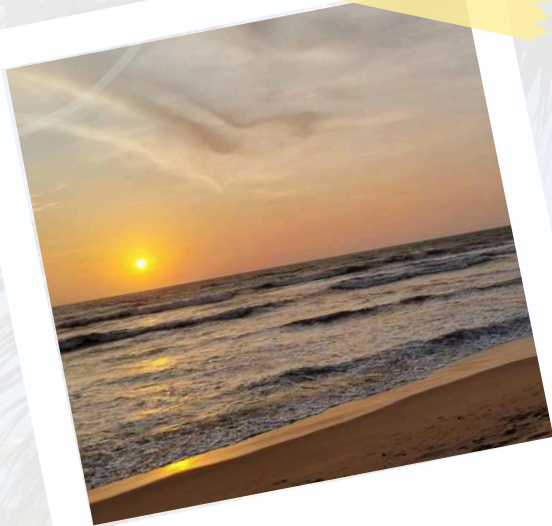
Please note that this exclusive trip is limited to a maximum of 10 participants. If you are unable to attend, kindly inform us as soon as possible so that we can accommodate those on the waiting list. We appreciate your consideration and cooperation.

- The organisers reserve the right to cancel the trip if fewer than five registrations are received by October 31st 2024.
- In the event of such a cancellation, you will receive a full refund for the retreat, including the otherwise non-refundable registration fee and any down-payments made directly to the retreat centre.
- Please note that this refund does not cover any flight or travel-related expenses, as we strongly recommend booking your flight only after the trip has been confirmed by the organizers or after October 31st.
- We do not offer refunds for any travel or flight reservations or bookings.

FOR FURTHER QUESTIONS PLEASE CONTACT BACHITAR AT
BACHITAR@CHERDIKALA.EU

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REGISTRATION FOR "RENEW IN SRI LANKA"

Full Name _____

Spiritual Name _____

Email Address _____

Phone/Mobile Nr _____

Address _____

Emergency Contact

Name + Mobile Nr. _____

- Accomodation Preference (for our records only): Single Room__ Double Room__
- Retreat Type (for our records only): Yoga Retreat__ Ayurvedic Panchakarma__

Please contact the retreat centre directly to confirm your booking for the selected retreat type. Upon your registration you will receive their contact details.

By signing below, I acknowledge that I have read, understood and integrated all information provided in this brochure, and I agree to the terms and conditions outlined including the cancellation policy.

I agree to abide by these terms: Yes__

I acknowledge that I am responsible for checking the validity of my passport and to apply for a visa. (Check Online Department of Immigration and Emigration Sri Lanka)

Signature _____ Date _____

Sat Naam