



ulpotha
a village in Sri Lanka

leisure, pleasure and rest...
with Yoga, Ayurveda & massage

Feb 26th - Mar 11th, 2012: Two-week Hatha Vinyasa flow yoga holiday in Sri Lanka with Nigel Gilderson

Yoga classes will be offered in the morning and evening - the time in between is all yours: relax in a swingbed, have a massage, swim in the lake, bird-watch, explore the surrounding villages on a bike ride, take a jungle walk up to the temple, have Ayurveda treatments, order outfits from the local tailor, check out the well-stocked library for books on Yoga/Ayurveda/Sri Lankan sites and enjoy yummy veggie Sri Lankan meals!

Ulpotha sustainable eco-village

Ulpotha is a retreat in every sense of the word...a time and place to enjoy life and health, and live by the natural rhythms and ancient rituals of the land. There is no strict regime here, it's all about what you feel like doing. On arrival you will be given a sarong – and your holiday begins.

Rates:

USD 1250 per person per week – one or two weeks available (Sunday to Sunday)

Includes:

- Full board on twin sharing basis
- 3 tasty organic veggie meals per day & snacks
- Yoga and meditation classes
- One herbal steambath in the Ayurveda Centre
- One free massage / week with visiting therapists
- Excursion to one of the surrounding cultural heritage sites or Alankuda Beach
- Guided walks to the hill top Temple

Excludes:

- Airfares and Airport transfers (can be arranged)
- Excursion entrance fees & meals
- Ayurveda treatments & additional massages
- Insurance

What to bring:

- A good torch & spare batteries (a head torch is very handy)
 - Your camera or iPod charger (charges off a solar panel)
 - Mosquito repellent & if you are sensitive to bites, insect bite cream/antiseptic, & sunscreen
 - Swimsuit & simple light cotton clothing (please dress appropriately when outside of Ulpotha – cover shoulders down to knees), a white or light coloured outfit is best for visiting temples
 - Rubber flip flops for walking around Ulpotha, sneakers or walking shoes for hikes
- You won't need much clothing, there's a free laundry service for everything except for underwear, please don't bring expensive clothing or jewellery.

Where to book:

- Visit www.ulpotha.com and complete the Holiday Booking Form
- Call +44 208 123 3603 - Remember Sri Lanka is 5 1/2 hours ahead of GMT
- Email info@ulpotha.com

"The entire experience is a spiritual high"- Vogue Magazine

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