

RETREAT VENUE WELIKANDE ESTATE



www.welikandeyogaretreats.com





Welikande Estate is an eco-conscious and sustainable retreat center in the heart of Sri Lanka, The Knuckle Mountains.

Perched on the top of the mountain, overlooking the surrounding valleys and Victoria Lake, offering acres of gardens with a yoga shala and meditation studio, an Ayurvedic wellness center, a swimming pool, and mountain view accommodations.

WELIKANDE



FACTS

- Estate is a total of 12 acres
- 2 Yoga Shalas
- 1 Meditation Shala
- Full occupancy sleeps 25 pax
- 13 Rooms: 4 rooms with double bed, rest single/twin/triple
- Lake View House only sleeps 7 total (1 double, 1 single, 2 twin rooms)



INCLUSIONS

- All accommodations for your guests.
- Exclusive use of the shalas when renting entire venue.
- Three vegetarian meals daily (including off-site during activities), vegan is possible if this is preferred.
- WiFi in the lounge and on the mountain-view deck.
- Unlimited fresh drinking water, juice, coffee and tea.
- A complimentary private room for the yoga teacher.

PRICES

Lake View House = \$2500 (sleeps 7 pax)

Entire Venue = \$7500 (sleeps 24 pax)

All prices are based on 7-days and 7-nights occupancy



YANG YOGA SHALA

Full dimensions are:

Overlooking Victoria lake & Jungle

Approx 75 Square meters

The front to the pillars is 140 cm

You fit comfortably 16 people, can be 20 pax maximum

Mats and blocks for 20 pax



YIN YOGA SHALA

Full dimensions are:

Overlooking Victoria Lake & Beautiful sunset views in the evening

Approx 64 square meters

Comfortably Fit 12 people , Max 15

Mats & Blocks for 15 pax





SUNRISE MEDITATION SHALA

Full dimensions are:

Approx 10 square metewrs

The floor is covered with a comfortable mat. Bolsters and yoga mats are at your disposition

You fit comfortably 10 people, for seated meditation. Yoga Nidra and sound healing, you can extend beyond the roof to enlarge the space. Floormats for this are provided.





LOCAL EXPERIENCE

45 USD per activity, with a minimum of 5 people.

More people will require a personalized quote, please get in touch on hello@welikandeyogaretreats.com

01

Heeloya Trek

With our state-licensed guide, a beautiful trek in Heeloya National Park.

A wonderful experience to profoundly connect with the elements of nature, as taken from the ancient teachings within Ayurveda.

02

Rice Paddy Cooking experience

Immersing local cooking experience Learning to cook a traditional Sri Lankan curry at an ancient Harvesting House in the rice paddy fields.

The food prepared is depending on the season, many vegetables, fruits and spices are literally found at our doorstep.

03

Local Cultural Tour

By tuktuk visiting some nearby waterfalls for a refreshing swim and lunch in a local restaurant.

Then the guide will bring you along for a visit to a tea plantation and discover the story behind the different teas, and see the process from plucking to packaging.

04

Kandy Culture Tour

A little busy buzz in Kandy, first stop is at the Ayurvedic Pharmacy and afterwards visiting different sights, with of course the Temple of the Tooth, a well-known Buddhist temple. It is said the relic is the symbolic representation of Buddha.

05

Meditative Mandala Workshop

A well known local artist will come for the day and help you capture your memories of Welikande, however profound or simple. Your artwork is a memory for you to take home





AYURVEDIC WELLNESS

On the first day of the retreat, we organize a visit to the local Ayurvedic Centre, which is a few minutes' ride in a tuk-tuk away. The doctor will do a pulse diagnosis for the Prakriti and Vikriti, advising on what Ayurvedic treatments to follow this week and prescribing any herbs or teas needed, which will be prepared at the center directly. She will visit Welikande on the last day of the retreat to do another pulse diagnosis.

Doctor Visit 30-45 minutes - 25 \$

01

Sarva Abyanga

A full body oil therapy with oils mixed per Prakriti/Vikriti.

60 minutes - 25\$

02

Sarva Abyanga Pada Abyanga Sweda Karma

A full body oil therapy with oils mixed per Prakriti/Vikriti including herbal steam bath

70 minutes - 35\$

03

Pada Abyanga

A foot massage with oil therapy and pressure points

30 minutes - 15 \$

04

Shiro Abyanga

A complete head and neck massage with oils mixed per Prakriti/Vikriti.

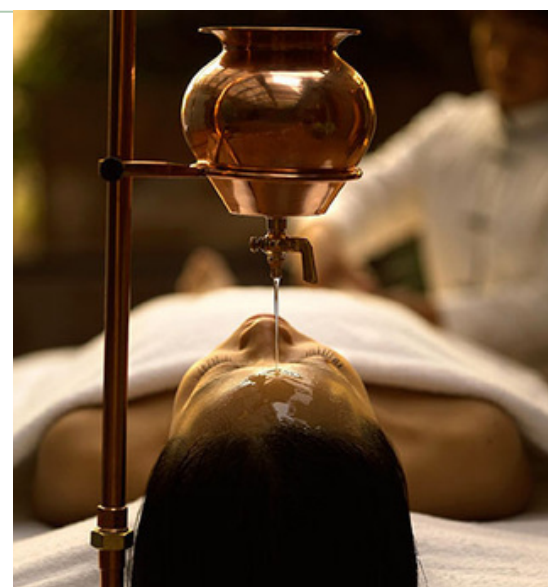
45 minutes - 20\$

05

Shirodhara

A head oil therapy with oils mixed per Prakriti/Vikriti

30 minutes - 45 \$





ROOMS

01

Single Room

A stylish single room for the person that would like to enjoy our retreat in privacy.

A comfortable room with a spacious en-suite bathroom. All rooms have access to the large covered terrace overlooking the Knuckles Mountains and Victoria Lake.

02

Double Room

A double room for a couple, has a large double bed

This is a comfortable room with a stylish en-suite bathroom, with direct access to the large covered terrace, which is overlooking the Knuckles Mountains and Victoria Lake.

03

Twin Room

A twin room with two single beds, ideal for two friends or someone who doesn't mind sharing with another solo traveler.

A comfortable room with a stylish en-suite bathroom, direct access to the large covered terrace, overlooking the Knuckles Mountains and Victoria Lake.

04

Triple Room

For those who like to share as solo travelers, a comfortable room with one double bed and two single beds, a spacious ensuite bathroom. This room is located in the main house, has a beautiful view and private and terrace overlooking the Knuckles Mountains





NEXT STEP



How can we help?

Organizing a retreat can be overwhelming, especially if this is the first time.

We are here to help you!

Transport to and from the airport, different local cultural activities can be arranged.

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Thank you!
