



ANANTA TATTVA YOGA RETREAT

AHANGAMA - SRILANKA



A soulful journey through the
five elements, awakening body,
mind, and spirit in sacred
harmony and in abundance of
Nature

Heal with us

22ND - 26TH OCT 2025





VENUE - FLOW GROUND

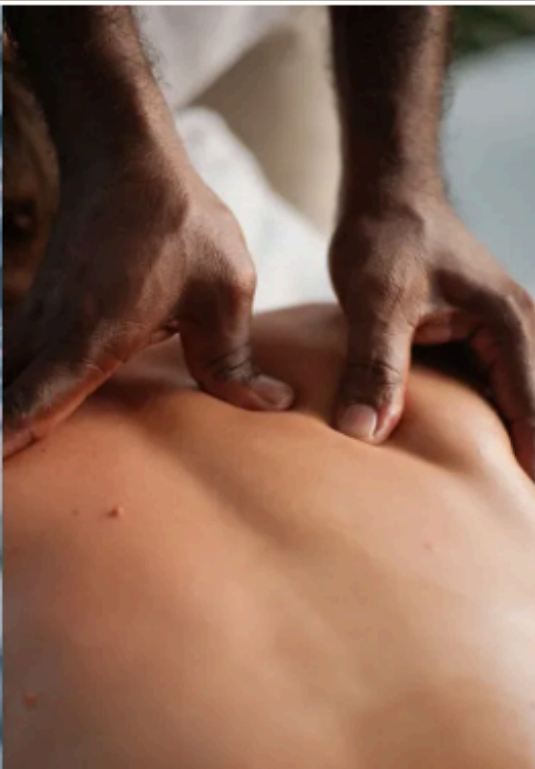


Flow Ground is a haven crafted to welcome you into the serenity of the slow island life, yoga and nature. A space to relax and unwind, to connect and be, to flow and to ground

You'll get a minimalistic yet Luxury Retreat stay with nourishing wholesome meal and various beach Activities



your retreat home (@flowground)
Instagram photos and videos
Instagram /



ayurvedic massages
flow-ground

OFFERINGS :

- Accomodation - Twin Sharing
- 3 Wholesome Nutritous Vegetarian Meals
- 10 Yoga Sessions - (Hatha, Vinyasa, Chakra Alignment, Breathwork & Meditation)
- Group Sharing Circle - 3
- Sound Healing
- Journaling
- Nature Hike

ITINERARY

22nd Oct - Arrival and rooting

23rd Oct - Earth & Water Elements

24th Oct - Fire Element

25th Oct - Air & Ether Elements

26th Oct - Departure Day

Additional Activities (Included in package)

- Village Walk: Immerse in Nature and Local Life
- Swim with the Turtles at Vijaya Beach
- White Virgin Tea Plantation Tour
- Temple Visit

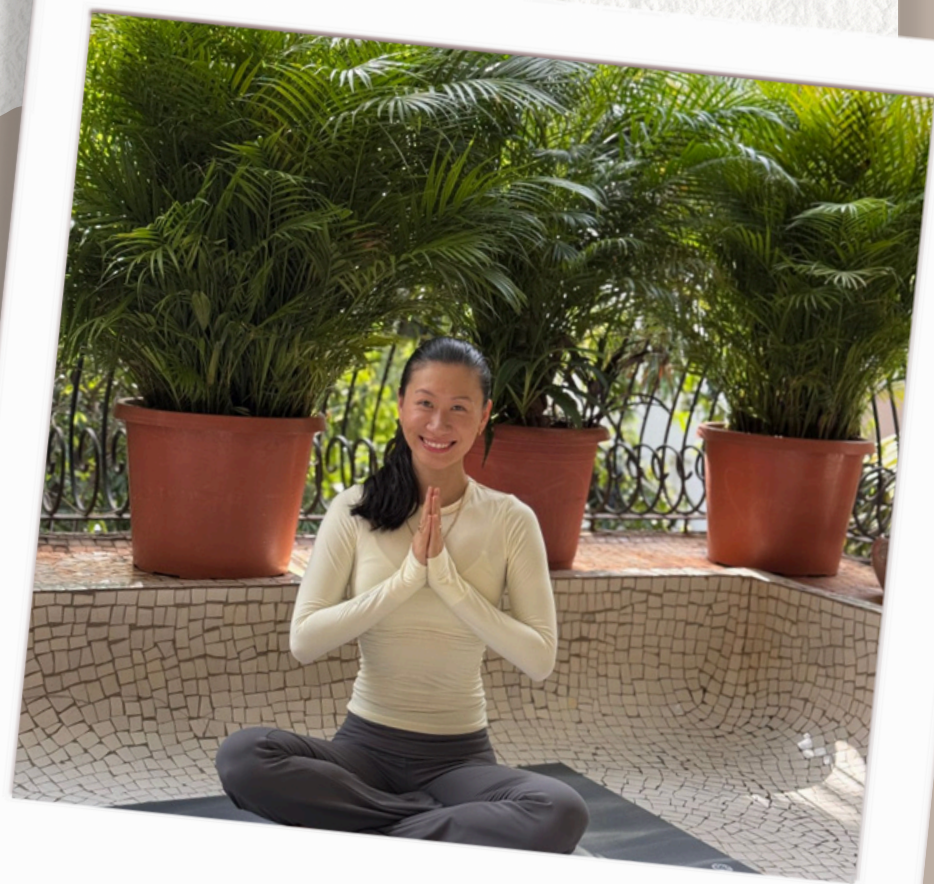
Additional Activities (Extra Charges)

- Ice Bath & Sauna at Wild Ahangama
- Trip to Galle Fort
- Ayurvedic Massages
- Cooking Class - Srilankan Cuisine

OUR TEACHERS

Satavisha: An ERYT 500 Yoga Alliance certified yoga instructor, advocates holistic, injury-free practice, integrating breath, alignment, and mindfulness to promote healing and balance.

Website: www.yuktayoga.org



Amy Kim: A Korean-Taiwanese Canadian yoga teacher based in Mumbai. Her Hatha flow classes offer grounding, breath-led movement that helps guides students through gentle yet powerful flows that emphasize breath, alignment, and awareness



<https://www.instagram.com/amykxo/>





DAY 2: EARTH ELEMENT

Arrive and settle into the gentle rhythms of Ahangama. Today is about grounding your body, breath, and being.

We begin with an intention-setting circle and a slow, rooted Hatha practice focused on the legs and Muladhara (root) chakra.

A body-scan meditation deepens awareness, while a nourishing dinner of local grains and root vegetables completes the ritual.



DAY 2: WATER ELEMENT

Flow into Day Two with a sunrise Vinyasa and silent ocean walk. Water softens, heals, and helps us release. Through expressive journaling or art, you'll explore emotional undercurrents linked to the Svadhisthana chakra.

Optional Ayurvedic spa therapies to deepen the surrender.

The day closes with Yin Yoga, Yoga Nidra, and a moon ceremony. Gentle and fluid, this day asks only one thing: let it flow.



DAY 3: FIRE ELEMENT

Awaken your inner fire through dynamic yoga, core activation, and energizing breathwork like Kapalabhati and Agni Sara.

This is your day to burn old patterns & stand in strength, rooted in the Manipura chakra.

Optional excursions give you space to integrate and reflect.

We close with a fire ritual and a deep twist sequence to ignite digestion and insight.



DAY 4: AIR ELEMENT

Begin with a heart-opening flow and mindful hike through nature's breath – air, wind, birdsong, silence. Today connects you with the Anahata (heart) chakra through joy, laughter, and light conversation.

A group sharing circle allows stories to rise. We chant mantras at dusk, ending with a heart-centered meditation.

You'll feel open, connected, and blissfully light.



DAY 4: ETHER ELEMENT

The retreat culminates in sacred stillness. Through slow yoga and silent meditation, we rise into the space of Akasha, a pure presence.

Ajna and Sahasrara chakras awaken as you reflect on your journey.

A heartfelt closing circle, celebration meal, and optional sound healing complete the experience. You return not just rested—but realigned.

A TYPICAL DAY IN THE RETREAT

- **7:15 – 8:30 am:** Sunrise Vinyasa Flow – Fluid Poses & hip opening practice for emotional release
- **9:00 – 10:00 am:** Breakfast – Nourishing, hydrating post-practice meal
- **10:00 – 11:00 am:** Water Breathwork – Cleansing breath session to deepen mind-body connection
- **11:00 am – 4:00 pm:** Break & Integration – Leisure lunch, journaling, beach walks, or rest
- **5:00 – 6:15 pm:** Sunset Yoga – Gentle flow to ground and integrate
- **6:30 pm onwards:** Group Dinner – Cultural closure to the day

BOOKING



+91 9989188366

+91 7039949664

Website: www.yuktayoga.org

Last date of registration: 10th Oct, 25

ENERGY EXCHANGE

Price per Person

INR 90000 on Twin Sharing

INR 125000 on Individual Occupancy

Full payment to be made before the retreat

Amount is non Refundable

Booking can be transferred to another person

Special Offer: 10% Early Bird discount

Offer Valid till 10th Sept

VENUE:

NO 46 AI, KERAMINIAWATTA, KARANDUGODA,
AHANGAMA, 80650 SRI LANKA

Transit: Group Pick up will be arranged from Colombo Airport. (please book your flights in consultation with us)