

Retreat organised by In partnership with



CURATED ESCAPES

Sri Lanka

LED BY MASTER ADI

27 AUGUST -
1 SEPTEMBER 2026



Wellness inspired by ancient traditions

Journey through Sri Lanka, from the ancient majesty of Sigiriya to the misty tea hills of Nuwara Eliya, blending daily yoga, cultural discovery, mindful luxury, and authentic local experiences.

Experience sunrise yoga session, sacred temples, UNESCO World Heritage sites, village safaris, tea plantation visits, waterfalls, cultural performances, and serene luxury stays, all thoughtfully designed to inspire balance, connection, and renewal.

Whether climbing the iconic Lion Rock, meditating amidst lush landscapes, or unwinding in elegant boutique retreats, every moment invites you to slow down, breathe deeply, and reconnect with yourself.

Limited slots available.

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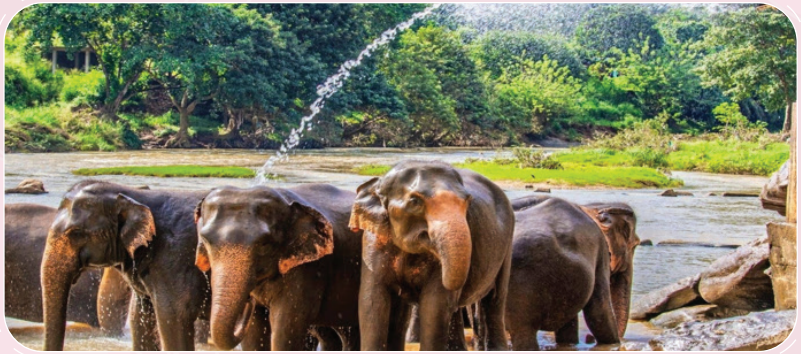
[yogaedition.sg](#)

TENTATIVE ITINERARY

27 AUGUST-1 SEPTEMBER 2026

Day 1 : 27 August (Thursday) - Airport to Sigiriya

- 09:30AM : Flight to Sri Lanka via via SQ462
- 10:45AM : Arrival at Sri Lanka. Transfer to Sigiriya
- Pinnawala Elephant Orphanage – A renowned sanctuary where rescued elephants are cared for.



- Dambulla Cave Temple - A UNESCO World Heritage Site featuring ancient cave shrines filled with beautifully preserved Buddha statues and intricate murals dating back over 2,000 years
- Overnight Stay: Sigiriya (Amaara Forest Hotel)
- Meals: Dinner

Day 2 : 28 August (Friday) - Sigiriya

A Day of iconic exploration and authentic cultural immersion, balanced with wellness and exclusive experiences.

- Morning Yoga Session – Enjoy a peaceful yoga session surrounded by lush greenery or overlooking Sigiriya Rock, creating a deeply calming experience
- Sigiriya Lion Rock - Climb this iconic UNESCO-listed fortress, often referred to as the “Eighth Wonder of the World.” Discover ancient frescoes, landscaped gardens, and the famous Mirror Wall before reaching the summit for breathtaking panoramic views.



- Hiriwadunna Village Safari - A curated village experience offering a glimpse into traditional Sri Lankan life. Travel by bullock cart, cross a serene lake by canoe, and visit a local home for an authentic culinary demonstration.
- Overnight Stay: Sigiriya (Amaara Forest Hotel)
- Meals: Breakfast & Dinner

Day 3 : 29 August (Saturday) - Sigiriya to Kandy

Travel to Sri Lanka's cultural capital, enriched with sensory experiences, spiritual heritage, and artistic performances.

- **Morning Yoga Session – A rejuvenating start before a scenic drive to Kandy.**
- **Spice Garden – Matale - Enjoy a guided walk through a spice plantation, learning about Sri Lanka's world-famous spices and Ayurvedic uses.**
- **Kandy City Tour - Explore this picturesque hill capital surrounded by lush mountains. Highlights include the scenic lake, colonial architecture, and local artisan shops.**
- **Temple of the Sacred Tooth Relic – One of the most sacred Buddhist sites globally, housing a revered relic of Lord Buddha.**



- **Kandy Cultural Dance Show – Enjoy a traditional dance performance featuring Kandyan drumming, vibrant costumes, and fire walking acts**
- **Overnight Stay: Kandy (Mahaweli Reach Hotel)**
- **Meals: Breakfast & Dinner**

Day 4 : 30 August (Sunday) – Kandy to Nuwara Eliya

Ascend into Sri Lanka's misty hill country, where tea plantations, waterfalls, and cool climates create a serene and elegant setting.

- **Morning Yoga Session – A peaceful session amidst the hills**
- **Ramboda Falls - A spectacular waterfall cascading through lush greenery perfect for a scenic photo stop.**
- **Tea Plantation & Factory Visit - Explore a working tea estate and learn the art of Ceylon tea production. Enjoy a curated tea tasting session featuring premium blends.**



- **Arrive in Nuwara Eliya, often called “Little England,” known for its colonial charm and cool climate.**
- **Overnight Stay: Nuwara Eliya (Araliya Green City)**
- **Meals: Breakfast & Dinner**

Day 5 : 31 August (Monday) – Nuwara Eliya

Explore the refined charm of Sri Lanka's hill station, with time for leisure and indulgence.

- **Morning Yoga Session** – A refreshing session in the crisp mountain air.
- **Nuwara Eliya City Tour** – Discover colonial era buildings, manicured gardens, and scenic landscapes that reflect British influence.
- **Gregory Lake** – A serene lake ideal for gentle boat rides or lakeside relaxation.
- **Hakgala Botanical Garden** - A beautifully landscaped garden featuring exotic flora, set against a dramatic mountain backdrop.
- **Overnight Stay: Nuwara Eliya (Araliya Green City)**
- **Meals: Breakfast & Dinner**

Day 6 : 1 September (Tuesday) – Nuwara Eliya to Airport

Conclude with a peaceful morning in the hills before departure.

- **Morning Yoga Session** – A refreshing session in the crisp mountain air.
- **Departure Transfer**
(take 2nd September SQ 469 at 00:50 am – 07:20 am)

Itinerary is tentative and may be subjected to changes, depending on ongoing local

YOUR YOGA RETREAT PACKAGE INCLUDES:

- Meet & Assistance at the Airport.
- 5N Accommodation
- Breakfast & dinner at the Hotels.
- Transportation with English Speaking Guide.
- Highway Tolls, Parking Fees, Government taxes
- Welcome with Flower Garlands on arrival at the airport.
- One Mineral Water Bottle (500ml) per person while on tour
- Entrance fees to attractions.
- Spice Tea free flow during spice garden visit
- Orientation at a gem museum in Kandy, followed by issuance of free tickets for the Cultural Dance Show.
- Wheelchair for People with a disability (on request)
- Yoga indoor space (as per availability during the stay)

PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

DOUBLE OCCUPANCY PACKAGE

Early Bird Price	S\$1,980.00
Regular Price	S\$2,180.00

SINGLE OCCUPANCY PACKAGE

Early Bird Price	S\$2,480.00
Regular Price	S\$2,680.00

** Prices listed are per person*

Early Bird Discount ends 30 June 2026.

**Attendees are required to bring their own yoga mats and any other props they deem necessary for practice.*

RECOMMENDED FLIGHTS

SINGAPORE – COLOMBO (SRI LANKA) | 27 AUGUST 2026

9:30AM – 10:45AM VIA SQ 462 (SINGAPORE AIRLINES)

COLOMBO (SRI LANKA) – SINGAPORE | 2 SEPTEMBER 2026

12:50AM – 7:20AM VIA SQ 469 (SINGAPORE AIRLINES)

Payments

Payments will be made directly to Dream Valley Pte Ltd.
Please WhatsApp 8100 9680 or email
info@dreamvalleydestination.com for payment
arrangements.

Enquiries

Please WhatsApp 8100 9680 or scan the code to fill up
the enquiry form.



Prices are inclusive of prevailing GST. Slots are limited and will be allocated on a first-come-first-served basis. Upfront payment is required before a booking can be confirmed. A minimum of number of sign-ups is required for this retreat to run. In the event that Yoga Edition decides to cancel this retreat, a full refund will be accorded to affected registrations. No refunds or credits will be given for cancellation initiated by registrants. Other terms & conditions apply. *In the event of discrepancies between the printed and web versions, the web version shall prevail.

