

Reaching Up High - The Hanuman Experience

YOGA RETREAT, SRI LANKA
1-8 APRIL 2017
WITH STEFFI GRUBE



WWW.GLOBALFLOW.ORG

The Retreat

Hanuman is one of the multilayered figures of the Indian mythology. In this intensive vinyasa yoga retreat, Steffi will lead you to your highest potential like Hanuman when he saved Sita by taking one big step to Sri Lanka. You will start each day with a workshop-style class including meditation, vinyasa yoga, alignment and philosophy. During the workshops Steffi builds up to more advanced poses in an intelligent yet playful way. In the evenings you will be able to restore with soothing practices, storytelling and pranayama.

In your free time you can swim in the sea, take a meditative walk on the beautiful beach, enjoy the delicious meals, relax with a spa treatment at the resort spa or relax by the pool. This retreat offers you all you need to relax and tap into your own potential, getting ready to take big steps like Hanuman!

Retreat Highlights

- Study with a senior teacher
- Learn more advanced asanas in an intelligent yet playful way
- Tune into your own potential and take a leap like Hanuman
- Daily workshop-style morning classes
- Daily restorative evening classes
- Daily meditation
- Day trip whale watching
- Stay at a beautiful colonial style beach resort

Accommodation

You will be staying at a beachfront boutique resort on a pristine, white sandy beach with calm turquoise water, at the southern tip of Sri Lanka. You can enjoy a 20m freshwater lap pool, beautiful yoga pavilions, spa facilities and a gourmet open-air restaurant serving the freshest healthiest meals. You will be staying in a deluxe villa room on the ground or first floor. Rooms include a double or twin bed configuration, as well as open-sky bathroom and lounge area. All rooms include a sitting area, patio or balcony, personal safe, wardrobe, ceiling fan, mosquito net, toiletries, shower and private en-suite.



The Teacher

STEFFI GRUBE

Steffi started to teach, to learn more about yoga. So in her classes, assisting and observing play an important role. Steffi considers herself to always remain a student.

During her studies Steffi to New York for an internship. There she quickly discovered the Jivamukti Yoga Studio on Broadway. She fell in love with the founders Sharon Gannon and David Life and the dedication of both the teachers. Back in Germany, she only had one goal: to become a yoga teacher. She took part in a Vinyasa Yoga Teacher Training at Vishnu's Couch in Cologne and started to teach there. In 2010 she completed the Jivamukti Teacher Training in 2010 in New York.



From Krishnataki (Sunshine House) Steffi learned Thai Yoga Massage, she is a student of Pichet Boonthumme (Pichet), Chiang Mai, Thailand.

Steffi likes to reads and have discussions, loves good music and brings these aspects together in her classes. They are characterised by music, devotional mantras and listening to one's own silence. She thanks all her teachers from the bottom of her heart and considers it a gift to be able to teach yoga.

Schedule

SATURDAY

Arrival day

14:00 Arrival and check in is possible from this time onwards

17:00-19:00 Restorative practice

19:30 Dinner

SUNDAY, MONDAY, TUESDAY

7:00 Morning tea & fruit

7:30-10:00 Workshop style class

10:00 – 11:00 Breakfast

14:00 Lunch

17:00 – 19:00 Restorative class

19:30 Dinner



WEDNESDAY

8:00 – 9:00 Breakfast

10:00 – 18:00 Day trip: Whale watching

19:00 Dinner

THURSDAY & FRIDAY

7:00 Morning tea & fruit

7:30-10:00 Workshop style class

10:00 – 11:00 Breakfast

14:00 Lunch

17:00 – 19:00 Restorative class

19:30 Dinner

SATURDAY

Departure day

7:00 Morning tea & fruit

7:30-10:00 Workshop style class

10:00 – 11:00 Breakfast

12:00 Check out

Travel Information

Talalla Retreat

Sampaya House

Talalla South, Gandara, Matara

t:+ 94 41 22 59171

AIR TAXI

An Air Taxi runs a convenient service from Colombo – close to the International Airport and stops in Dikwella, less than half an hour from the resort. Please contact Sri Lankan Airlines directly to make an online booking - http://www.srilankan.aero/en_uk/lk.

AIRPORT TRANSFERS

You can book an airport pickup and drop off service from both Colombo and Matalla Airport.

From Colombo Airport, the journey takes around 4 hours.

Pickup from Colombo airport – US\$125

Drop off to Colombo airport – US\$115





From Matalla Airport, the journey takes around 2 hours.
Pick up with name board from Matalla airport – LKR9000
Drop off to Matalla airport – LKR9000
Please send Suze your flight details if you like to book a pick up.
She will make the best possible arrangements for you.

You can also get to the resort by train. From Colombo Airport, get a taxi to Maradana Station. Buy a ticket for Matara Station. On arrival to Matara, get a taxi or tuk tuk to the resort. The cost of the taxi should be 500 rupees.

What to bring?

The climate in Sri Lanka in April is overall warm and sunny with temperatures around 30-35C. Bring clothes for warm weather and some layers that you can easily wear in case it cools off at night or when you are in a situation where it is appropriate to cover your shoulders and arms (temple visits, small villages. Etc.). We suggest you bring the following items:

- Yoga mat (travel mat) • Water bottle to refill • Cool clothes for the warm days and some layers to cover up when needed • Sunscreen and a hat • Natural mosquito repellent • Basic medicine for stomach problems (norrit, electrolites, paracetamol) • A scarf or a large shawl (nice to have for meditation and savasana) • Notebook and a pen • Camera • Slippers and good walking shoes (sport shoes)



Value

The early bird rate is only available for the first 8 registrations that are paid in full before 1 November

EARLY BIRD RATES:

Early Bird Rate | Triple Room : €999

Early Bird Rate | Double Room: €1099

Early Bird Rate | Single Room: €1349

REGULAR RATES:

Regular Rate | Triple Room: €1099

Regular Rate | Double Room: €1199

Regular Rate | Single Room: €1449



THE PACKAGE INCLUDES:

- 7 Nights' accommodation
- Tasty and nourishing breakfast, lunch and dinner (vegetarian) • Unlimited water and tea
- 6 Meditation sessions
- 6 Workshop style classes
- 6 Restorative classes
- Day trip: Whale watching

Booking Procedure & Cancellation Policy

The early bird rate is only available for the first 8 registrations that are paid in full before 15 November 2016. To secure your booking at the regular rate we require a €600 deposit and a balance payment by 15 February 2017.

Bookings made after 15 February 2017 need to be paid in full to secure your booking.

You can cancel your booking at any time and notification must be given to Suze (suze@globalflow.org) in writing. Regardless of the reason for cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31-60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee. Payments can be made via bank transfer. For further details, please see the registrations form.

If fewer than 8 participants register by 1 January '17, the retreat may be cancelled. In this case all registration monies will be refunded immediately. We are not responsible for any travel arrangements made until this date.

