



Blessed with a vibrant ocean and sun kissed sands, Thalpe is a scenic coastal town in the south of Sri Lanka conveniently located next to some of the country's biggest tourist attractions, including: Galle Fort (a UNESCO world heritage site), turtle hatcheries, picturesque surfing locations, and whale and dolphin watching tours in Mirrissa.

Partake in an early morning excursion by assisting local fishermen to pull in their nets.

Indulge in incredible local cuisine made with locally grown tropical fruits and vegetables, fresh local seafood (pick of the day), and rich flavours of spices and textures.



Sri Lanka Yoga Retreat with
Master Teacher Nicky Knoff.

27th October - 2nd November 2020

YOGA RETREAT



**KNOFF
YOGA**

energise • elevate • evolve

Get in touch:

hello@moksa.lk

nicola@knoffyoga.com

www.moksa.lk/knoff_retreat



More Details!

Promising a deep insight into yoga for all levels, this retreat is suitable to anyone wanting to relax and rejuvenate in a beautiful environment while enjoying amazing food, and learning from Australia's most highly knowledgeable and respected Master yoga teacher Nicky Knoff.

A Collaboration
between Moksa and Good Spirit Co.

@moks_sl
@goodspiritco

Nicky Knoff

Master Teacher Nicky Knoff has refined the Knoff Yoga System with over 40 years of experience and through direct study with B.K.S. Iyengar, Pattabhi Jois, Desikachar and Bikram to offer you the highest standards for best practice and teaching.

Testimonial

"Training with Nicky Knoff has transformed my relationship with yoga and how I use and experience my body in my practice.

It's a life experience that takes you to a higher and deeper level of connection with the self and others along the journey that is yoga."

- Sabina Omar



Retreat inclusions

- 6 nights, 7 days, 2 yoga classes per day*
- 2.5 hour morning yoga session (7-9:30am)
- 1.5 hour afternoon yoga session (4:30-6pm)
- Direct airport transfers back and forth (approx 2.5 hours one way)
- Luxury twin sharing only (rooms and view may vary)
- Full board buffet style Sri Lankan cuisine
- 1 Sri Lankan cuisine cooking class
- 1 Massage
- Limited to 14 guests
- Yoga props available

For more information on your travel around Sri Lanka before or after the retreat, suggested travel agents:

Worldlink - danukh@worldlink.lk

Viluxur holidays - Trevin@viluxurholidays.lk



Payments

Payments can be made via internet banking or credit card (Visa and Master Card are accepted but both attract a 1.5% transaction fee). A non-refundable deposit of \$300 will secure your spot, with the balance to be paid by 16th September 2020.

- Twin sharing only \$ 2250 AUD
- For more information please visit:
www.moksa.lk/knoff_retreat

ON THE ROCKS THE GOOD SPIRIT CO

On the Rocks is a luxury beachfront villa located in Sri Lanka's vibrant southern coast.

- beachfront
- direct beach access
- private swimming pool
- free Wi-Fi
- 7 air conditioned bedrooms

