



Wellbeing Retreat
Sri Lanka

11th - 18th January 2025
#lsafit

About the retreat

Join Lucinda of LSAFit and the exceptional team at Tekanda Lodge in enchanting Sri Lanka for a transformative and inspirational start to your year.

Elevate your well-being on this seven day retreat designed to rejuvenate your mind, body and spirit.

Banish the winter blues with fitness, movement, yoga and relaxation and enjoy the nourishing food and local experiences whilst taking in the beautiful landscapes of Sri Lanka's beaches and tropical jungle.



Why not extend your stay?

At the end of the retreat we highly recommend that you spend a few days exploring other parts of this beautiful island.

The Tekanda team have extensive knowledge of Sri Lanka and highly recommend staying as long as you can!

“... a balance of activities that focus on the body, mind, and spirit”



A Slice of Paradise

“...the best of both worlds...”

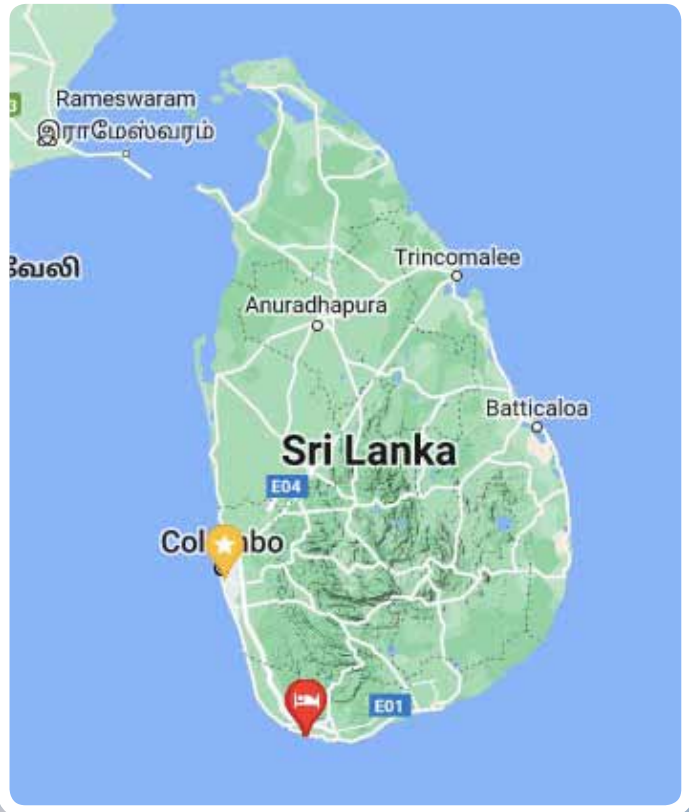
Venue

Tekanda Lodge is our stunning, hidden venue for this exclusive retreat. Perched high on a hill, surrounded by its own jungle and tea, the privately-owned Lodge is a haven of nature and tranquillity yet only minutes from Sri Lanka's finest beaches.

The views are extraordinary and the natural architecture captivating. Nothing quite prepares you for beauty of the design and surrounds.

The lodge was built by local teams, using sustainable materials sourced from the area. The roofs are thatched with Sri Lankan Iluk grass, and all the doors, windows, beds and tables were made on-site from either recycled wood or teak sourced from sustainable forestry farms in Sri Lanka.

The estate is made up of a blend of organic tea bushes, coconut trees and wild jungle. The lodge is grid connected but solar power takes most of the energy strain, with well water filtered to mountain-spring quality.



“ ... genuinely jaw-dropping location and architecture... ”



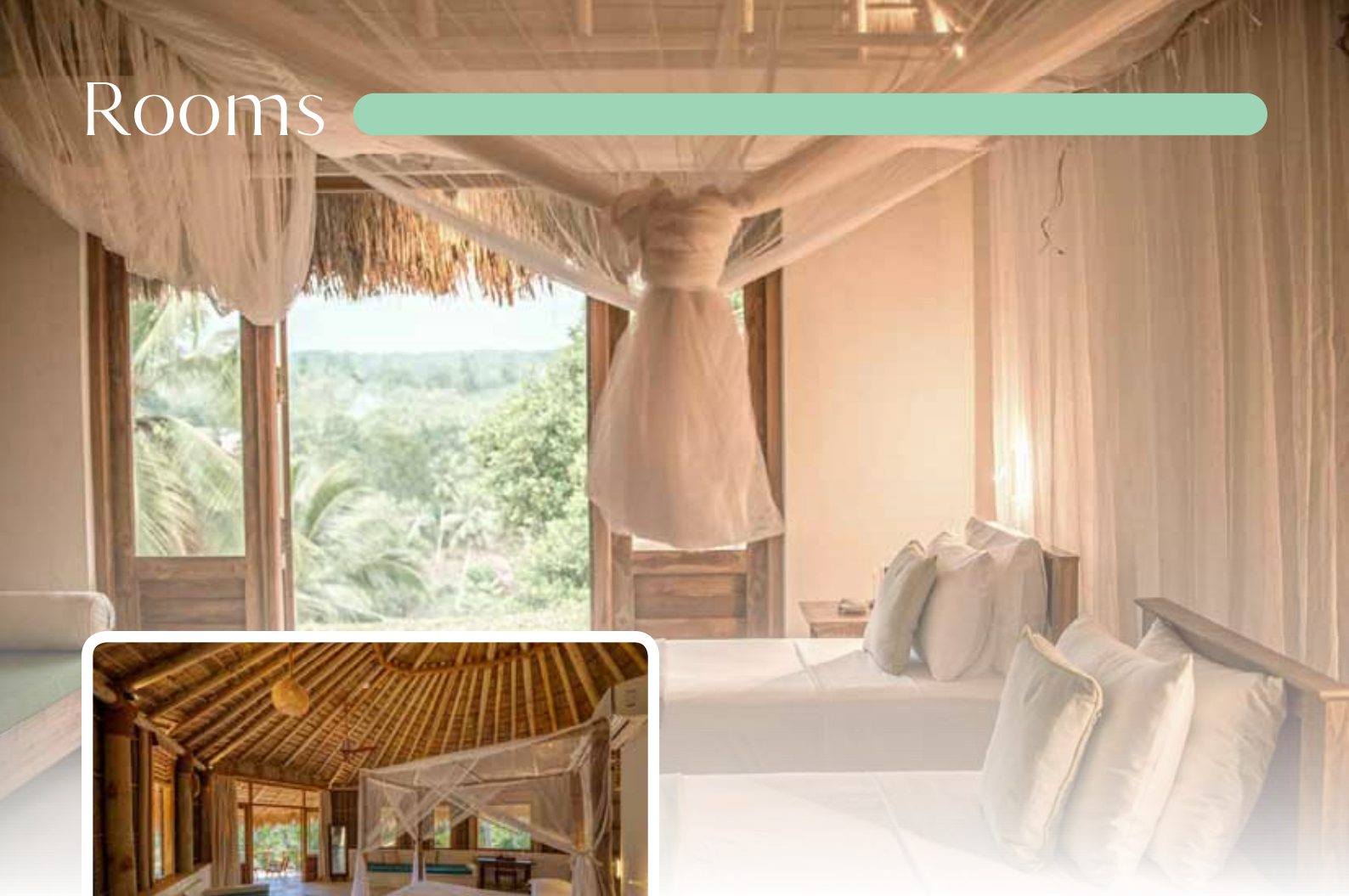
Comfort & Tranquility



“...offering privacy and space”



Rooms



Main Lodge Bedrooms

Four large en-suite bedrooms in the main lodge sit off a stunning central courtyard. All rooms boast hand-made wardrobes and desks, en-suite bathrooms and private verandas with views over the surrounding lowlands and paddy fields. There is also direct access from each to dreamy day-rooms, furnished with luxurious day-beds.

The focal point of the main lodge is a stunning dining and living area, open on two sides and affording panoramic views of the hills and jungle below. A large infinity pool sits just below surrounded by palms and tropical flowers.

Cabanas

Two spacious cabana suites come with private verandahs overlooking the paddy fields. The cabana suites are set away from the other rooms, offering a little more privacy and space. They come with an AC & en-suite bathroom.



Inspired by the Sunshine



“...infusing health
with indulgence...”

Catering

The retreat menu is all about the finest local ingredients. Our head chef Rana plans and prepares bespoke menus designed for light, delicious dishes incorporating the freshest tropical produce available on our doorstep.

Meals are well-balanced with a combination of plant-based dishes with some fish, seafood and a little meat. Vegan and vegetarian diets will always be available.

We aim to integrate the very best of mouth-watering Sri Lankan cuisine with global influences.





Fitter, Stronger & Healthier

“... our aim is for you to feel invigorated and uplifted...”

Fitness

Our exercise and yoga classes are held in the outdoor common area, surrounded by nature. Exercise classes will run every day except, Wednesday which will be our rest day.

All the classes are optional and you may prefer to relax by the pool, read a book and enjoy a delicious coconut drink!

Exercise

Our all inclusive retreat includes classes in HIIT, circuits, abs/core and stretching during your week-long stay at Tekanda Lodge. Our workouts will target a mixture of full-body, upper-body, lower-body with cardio and strength/ functional training being the focus. We will use resistance and body weight. Classes are suitable for all levels and are designed to make you fitter, stronger and healthier.

Yoga

Our yoga classes offer a mixture of Vinyasa, Slow Flow & Yin, with Pranayama and Meditation. Classes are designed for all levels and experience and will be tailored to specific needs.

Treatments

We have a therapist who can come to the lodge for treatments such as massages. These can take place in our outdoor space but private rooms can also be used.





the Perfect place to Unwind

“...a fitter, improved body and mind”

Information & Pricing

Arrival and departure:

Saturday 11th - Saturday 18th January 2025

Arrival airport is Colombo.

Flights not included. Sri Lankan Airlines fly direct.

Emirates and Qatar have a one-stop.

Pricing:

Based on a 7 night stay.

£2,250 per person for two people sharing a luxury room, with ensuite (2 separate beds or king)

**Price on request for single occupancy in a luxury room with en-suite.*

Deposit amount **£350**, with the balance due 60 days before arrival.

**Includes all tax and service charges.*

How to book:

To secure your spot on this unforgettable retreat please email lucinda@lsafit.com or call **07967 157 620**.

If you have any questions or would like to discuss the retreat prior to booking please do get in touch.



What's included?

- Inbound group airport transfer to Tekanda Lodge
- Full board, including delicious breakfasts, lunches and dinners all prepared by the Tekanda private chef
- Daily fitness classes in HIIT, circuits, abs and core
- Daily yoga and stretch classes
- 1-1 personal training session with Lucinda
- Pre-retreat introductory Zoom call with Lucinda to discuss your fitness goals
- Two weeks of complimentary online classes with Lucinda following the retreat
- LSA goodie bags with lots of treats
- Cooking demonstration
- Guided estate walk
- Beach and pool towels
- Filtered drinking water
- Wifi

**Alcoholic drinks at additional cost*

Additional Services**

1-1 Yoga classes

Massages and massage packages

Laundry service

Ongoing transfer to your next destination



Other Activities and Tours**

- Day-trip to Udawalawe National Park
- Boat safari on Kogalla Lake
- Day-trip whale watching from Mirissa
- Visit to Galle Fort (UNESCO world heritage site)
- Tour of tea factory and tea estate
- Opportunity to volunteer at Tekanda's Village Empowerment Centre
- Private surf lessons and surf guide
- Paddy field bike tours
- Trips to swimming beach and beach side restaurants
- Golf
- Day trip to Yala National Park

**Prices on arrival

Contact:

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#lsafit



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