



Travel

# Rejuvenate as one with nature with Maya Villa Sri Lanka's Ashtanga yoga retreats

Maya Villa, Sri Lanka, has teamed up with an international yoga instructor and Ashtanga expert, Dorion Davis, to premiere 2 exclusive 10D/12N Ashtanga yoga retreats this May.

By Karmun Ng Like 0 Tweet 0 Share



Of all yoga disciplines, none relaxes the mind and rejuvenates the body like **Ashtanga yoga**. With its focus on breathing, it frees the mind of troubles so you are as relaxed mentally as you are physically.

**Maya Villa** in Sri Lanka has teamed up with an international yoga instructor and Ashtanga expert, **Dorion Davis**, to premiere 2 exclusive **10D/12N Ashtanga yoga retreats** this May.

Imagine escaping all your biggest troubles by getting lost among Maya Villa's serene setting in the unspoilt Tangalle countryside of Sri Lanka that will also serve as the background to your guided yoga classes.



Maya Villa, Sri Lanka

Founded and designed by interior design **Niki Fairchild**, Maya Villa consists of five suites – each named after a tree on the property – all of which open to the central L-shaped pool. All boast 25-foot ceilings, original woodwork and latticing that match the landscapes surrounding it.

Its yoga packages will be taught in the traditional method, with each individual participant learning, moving and growing at his or her own pace. Only a maximum of **10 participants** will be included in a single class, making it ideal for yoga practitioners of all levels.



Dorion Davis

Heading the class is **Dorion Davis**, an actress turned yogi who has been teaching yoga for almost a decade. Trained and experienced in a number of yoga disciplines, her expertise lies in Ashtanga yoga which she studied for two years at the **Ashtanga Yoga Institute** in Mysore India.

Taking place from **1 – 13 May** and again on **15 – 27 May 2015**, this retreat is priced at **US\$2,125 (around RM7,715) per person for king-sized bed** and **US\$1,670 (around RM6,065) per person single deluxe bed** on a shared room basis.

The package includes:

- 12 nights accommodation in Maya Villa
- 3 vegetarian meals per day
- 10 days of yoga tuition, consisting of 10 morning yoga classes and 7 afternoon sessions
- Full use of Maya Villa's facilities
- Return airport transfers

Bookings for **6-night stays** are also available.

For more information or bookings enquiries, email [infoyogamaya@gmail.com](mailto:infoyogamaya@gmail.com) or log on to the official website [here](#).

(Photos: Maya Villa)

**We recommend:**

- *Swim and snorkel with humpback whales with WhaleSwim Adventures, Tonga*
- *Aesop, Jurlique goodies await when you fly First or Business Class with Cathay Pacific*

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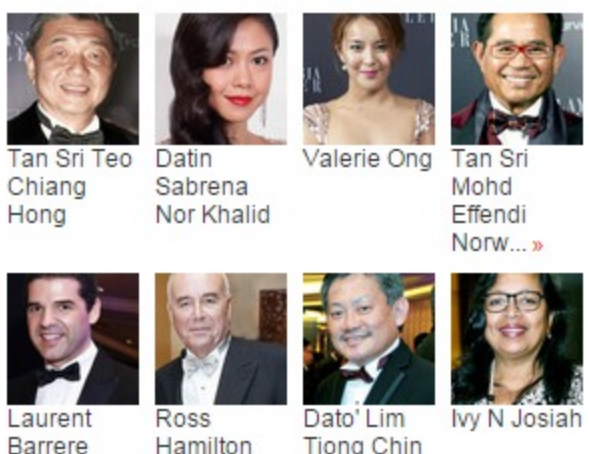
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