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CALENDAR

12 MAY	MAYYA + MOVEMENT: THE URBAN WELLSCAPE
15-27 MAY	ASHTANGA YOGA RETREAT AT MAYA VILLA
18-28 MAY	HEALTHY LIVING WITH JENNIFER THOMPSON
22-30 MAY	WELLNESS RETREAT AT AMAN AT SUMMER PALACE, BEIJING
28-31 MAY	TRUE POTENTIAL YOGA RETREAT
30 MAY - 7 JUN	CHAYA YOGA RETREATS: YIN, YANG & ALKALINE
5-7 JUN	WANDERLUST

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HIMALAYAN RETREAT



IDYLLIC RETREAT

WRITER VÉRONIQUE LO | PUBLISHED 2015/05/04

The serene haven of Maya Villa sits near the rural village of Aranwella in Sri Lanka – a perfect setting for anyone seeking tranquillity and inner reflection. The five-suite Villa launches an exclusive Ashtanga Yoga Retreat (**May 15 – 27**), featuring actress turned yogi and Ashtanga expert Dorion Davis, who has spent two years at the Ashtanga Yoga Institute in Mysore, India. Ashtanga involves a series of six pre-existing yoga posture sequences; as your strength, stamina, breathing, flexibility and focus progress, postures from the sequence are gradually added. It's said to help improve physical and emotional awareness as well as concentration, reduce toxins and unlock energetic pathways, which also facilitates spiritual awareness. www.mayatanggallesrilanka.com



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