

Jakarta Java Kini

# JJK

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Happy anniversary

Surabaya

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# Travel

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## SRI LANKA

### In a state of meditation

 What better way to escape your hectic daily chores than by going on a yoga bender? Maya Villa has teamed up with yogi and Ashtanga yoga expert Dorion Davis to offer two exclusive ten-day Ashtanga Yoga Retreats this month. Located within a landscape comprising tropical gardens near the rural village of Aranwella, the five-suite Maya Villa is perfect for a bout of yoga, meditation and inner reflection. Ashtanga yoga consists of a series of six pre-existing yoga posture sequences. Regular Ashtanga improves physical and emotional awareness, eliminates toxins, increases concentration and helps to unlock energetic pathways that facilitate spiritual awareness. Limited to a maximum of ten people, the retreat is suitable for all yoga levels and costs US\$2,125 per person and US\$1,670 per person for a shared room. Six-night stays are also available and are priced at US\$1,065 per person on a shared-room basis. —IWS [yogasrilanka.net/contact-enquire](http://yogasrilanka.net/contact-enquire)