

Ashtanga adventures

There's plenty going on in Sri Lanka this year too. Small group Ashtanga yoga retreats in September are being offered by Yoga Sri Lanka with both 6-day and 12-day options. Maximum 10 students. Stay at the Maya luxury boutique hotel in southern Sri Lanka, in the lush countryside near Tangalle, just a short drive from the beaches. Pure Ashtanga heaven.

£1,100 to £1,400 for the full 12 days course.

6 nights start at £700

September 12-24, 2015

yogasrilanka.net

