



LANKA PRINCESS
AYURVEDA HOTEL SRI LANKA

In our beautiful Yoga Hall we offer daily several Yoga and Meditation lessons with our experienced native Yoga teachers. These exercises complement your ayurvedic cure perfectly, but you can also participate without having booked an ayurvedic cure.

There are many different forms of Yoga, Hatha Yoga is practiced at Hotel Lanka Princess. The Sanskrit word Hatha means "strength, obstinacy, oppression". This should underline the effort needed to reach the ultimate goal. Furthermore, the term becomes an expression of the unity of opposing energies (hot and cold, male and female, positive and negative, Sun and Moon). **The syllables "Ha" stands for sun (power, heating) and "tha" for moon (silence, cooling).**

It is a form of Yoga that is mentioned as early in the 15th century, in which the balance between body and mind is aimed above all through physical exercises (asanas), through breathing exercises (pranayama) and meditation.

Daily activities

Tai Chi	Daily	07.15 – 08.00 hrs	at the Beach, in case of rain Yoga Hall
Yoga	Daily	08.15 – 09.15 hrs	Yoga, Garden, Beginners max. 10 Pers.
	Daily	11.00 – 12.00 hrs	Yoga Hall, Advanced max. 15 Pers.
	Daily	15.30 – 16.30 hrs	Yoga Hall, Beginners max. 15 Pers.
Meditation	Daily	09.30 – 10.00 hrs	Yoga Hall, max. 15 Pers.
	Daily	12.15 – 12.45 hrs	Yoga Hall, max. 15 Pers.
	Daily	14.30 – 15.00 hrs	Yoga Hall, max. 15 Pers.
	Tuesday	09.30 – 11.30 hrs	on the Island, max 8 Pers.
	Friday	14.30 – 16.30 hrs	on the Island, max. 8 Pers.

Registration at the Ayurveda Center / Cost of the boat trip to the island and back approx.. 400 Rs. per Person.

Yoga and Meditation (max. 60 Min.) individual payable

Trial lesson / once	60 Minutes	10,00 €		
Individual lesson	60 Minutes	17,00 €	90 Minutes	25,00 €
Set of 3	each 60 Min	45,00 €	each 90 Min	63,00 €
Set of 5	each 60 Min	72,00 €	each 90 Min	100,00 €
Set of 8	each 60 Min	108,00 €	each 90 Min	152,00 €
Set of 10	each 60 Min	130,00 €	each 90 Min	180,00 €

Group lessons payable

For groups of 4 people or more, we are happy to arrange a program according to your individual wishes. We will gladly make you an offer. Give us travel dates, duration of travel, number of participants and your desired program.

Contact: info@lankaprincess.com