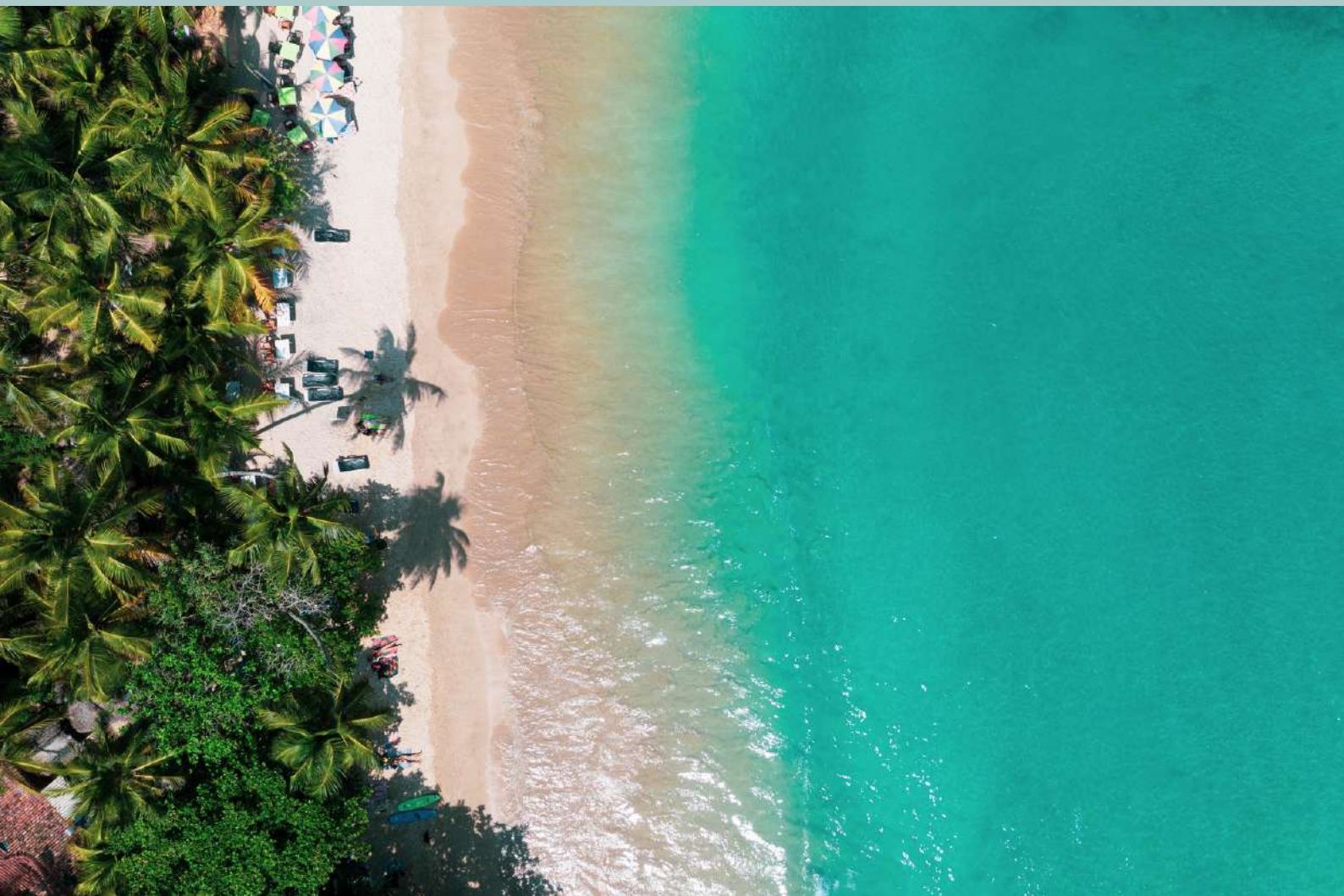


SANTOSHA YOGA INSTITUTE



SANTOSHA RYT-200 YOGA TEACHER TRAINING

SRI LANKA ACCOMMODATION GUIDE



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SRI LANKA



@nikguehrphoto



SRI LANKA



JOIN US IN THIS DREAM DESTINATION FOR SURFERS, NATURE-LOVERS, SUN-SEEKERS AND YOGIS.

BREATH-TAKING SRI LANKA, WITH ITS PRISTINE BEACHES, LUSH RAIN-FORESTS, COLOURFUL TEMPLES, SURF AND SUN IS A HIDDEN GEM YOU'LL BE GLAD YOU DISCOVERED BEFORE EVERYONE ELSE DOES.

Sri Lanka is a green paradise filled with natural **beauty and culture**. From **temples** and wild **jungles**, spotting exotic **wildlife** to being blown away by the sun setting over miles of **palm-fringed beaches** – Sri Lanka will enthrall and enchant you!

Our Sri Lanka students all agree – this is the most **magical backdrop** for a Yoga experience! Spend 22 days in a **yoga family**, surrounded by swaying palms, sea breezes and **sweet tropical village vibes**. Bursting with **natural beauty**, Sri Lanka is a must-visit destination for those wanting to experience something very special!

Transform your mind, body and soul – and experience this jewel of an island – with Santosha and Dot's Bay House.

HIRIKETIYA



HIRIKETIYA



IMMERSE YOURSELF IN
YOGA, SURF AND SUN IN
OUR OPEN-HEARTED
COMMUNITY IN SURF
PARADISE SRI LANKA.

SPEND 22 DAYS ENJOYING
SRI LANKA'S BEST KEPT
SECRET - HIRIKETIYA - A
HIDDEN HORSESHOE OF
WHITE SAND, STUNNING
SUNSETS AND AMAZING
SURF.

Chill out in this **charming surf beach village**, while enjoying **daily surfs, swims and massages**.

In your time-off hike **mountains**, explore **rain-forests**, climb **waterfalls**, discover ancient **temples**, spot **elephants** and **leopards** in the wild and much more – there are so many **fun-filled experiences** on offer in one tiny island!

Discover the life-changing health benefits of **Ayurveda**, with authentic practitioners easily accessible to you. Get **massages** and treatments under expert care. Enjoy healthy and delicious **local cuisine**, packed full of medicinal herbs and spices.

Leave the island thriving, full of renewed energy and well-being!

DOT'S BAY HOUSE



DOT'S BAY HOUSE



SANTOSHA TRAININGS ARE ALWAYS AN OPPORTUNITY TO MAKE NEW FRIENDS FOR LIFE!

WE ARE SO EXCITED TO TEAM UP WITH DOT'S BAY HOUSE FOR OUR SRI LANKA YOGA TEACHER TRAININGS; MEANING WE CAN SHARE THIS BEAUTIFUL EXPERIENCE TOGETHER IN COMMUNITY AT THIS STUNNING BEACH LOCATION.

We feel passionately about making this experience **accessible and affordable** to all; which is why we worked with Dot's to offer a **variety of room options** – meaning **all budgets** can experience paradise and no-one misses out on the fun!

You can fully enjoy your time in charming Hiriketiya, knowing Dot's will take care of the details for you. In one step they will not only **book your room** with your chosen meal package – but also arrange **pick-up from the airport**, making your travels **effortless and stress-free**.

Delicious meals, snacks and juices are available **all day** at Dot's comfortable and chilled-out cafe onsite.

Leave your troubles behind as you spend 22 days soaking up the sweet tropical island vibes of Dot's Bay House.

DOT'S BAY HOUSE - USD



ROOM TYPE	OCCUPANCY	USD Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	20	440
Double Room	Single Occupancy	45	990
	Double Occupancy - Per Person	25	550
PALM Studios	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660
SOMA Villa 1	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660
Poolside Bungalow	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770
Standard Family Suite	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770
Deluxe Family Suite	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770
	Triple Occupancy - Per Person	27	594

MEAL PACKAGES

Breakfast - OR - Lunch

- Add \$8 USD per day (\$176 USD 22 Nights)

Breakfast AND Lunch

- Add \$16 USD per day (\$352 USD 22 Nights)

Breakfast AND Dinner - OR - Lunch and Dinner

- Add \$18 USD per day (\$396 USD 22 Nights)

All Three Meals

- Add \$26 USD per day (\$572 USD 22 Nights)

ROOM PRICE INCLUDES: Free super fast fibre wifi, filtered drinking water and surf board hire
FOR AN ADDITIONAL FEE: surf lessons, excursions, transport, airport transfers

"Single Occupancy" = one person in room

"Double Occupancy" = two people sharing room (if you are bringing a partner or friend)

"Triple Occupancy" = three people sharing room (if you are bringing a partner or friends)

DOT'S BAY HOUSE - USD



ROOM TYPE	OCCUPANCY	USD Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	20	440
Double Room	Single Occupancy	45	990
	Double Occupancy - Per Person	25	550
PALM Studios	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660
SOMA Villa 1	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660
Poolside Bungalow	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770
Standard Family Suite	Single Occupancy	60	1320
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Deluxe Family Suite	Single Occupancy	60	1320
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MEAL PACKAGES

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"Single Occupancy" = one person in room

"Double Occupancy" = two people sharing room (if you are bringing a partner or friend)

"Triple Occupancy" = three people sharing room (if you are bringing a partner or friends)

DOT'S BAY HOUSE - APPROX AUD



THIS IS AN APPROXIMATE PRICE ONLY BASED ON THE EXCHANGE RATE AS OF 5 June, 2024

Please see most up-to-date exchange rate from \$USD here:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=AUD>

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	30	662
Double Room	Single Occupancy	68	1488
	Double Occupancy - Per Person	38	827
PALM Studios	Single Occupancy	83	1819
	Double Occupancy - Per Person	45	992
SOMA Villa 1	Single Occupancy	83	1819
	Double Occupancy - Per Person	45	992
Poolside Bungalow	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158
Standard Family Suite	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158
Deluxe Family Suite	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158
	Triple Occupancy - Per Person	41	893

MEAL PACKAGES

Breakfast - OR - Lunch

- Add approx \$12 AUD per day (approx \$264 AUD 22 Nights)

Breakfast AND Lunch

- Add approx \$24 AUD per day (approx \$528 AUD 22 Nights)

Breakfast AND Dinner - OR - Lunch and Dinner

- Add approx \$27 AUD per day (approx \$584 AUD 22 Nights)

All Three Meals

- Add approx \$40 AUD per day (approx \$880 AUD 22 Nights)

ROOM PRICE INCLUDES: Free super-fast fibre wifi, filtered drinking water and surfboard hire
FOR AN ADDITIONAL FEE: surf lessons, excursions, transport, airport transfers

"Single Occupancy" = one person in room

"Double Occupancy" = two people sharing room (if you are bringing a partner or friend)

"Triple Occupancy" = three people sharing room (if you are bringing a partner or friends)

DOT'S BAY HOUSE - APPROX EURO



THIS IS AN APPROXIMATE PRICE ONLY BASED ON THE EXCHANGE RATE AS OF 5 JUNE, 2024

Please see most up-to-date exchange rate from \$USD here:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=EUR>

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	18	404
Double Room	Single Occupancy	41	909
	Double Occupancy - Per Person	23	505
PALM Studios	Single Occupancy	51	1112
	Double Occupancy - Per Person	28	606
SOMA Villa 1	Single Occupancy	51	1112
	Double Occupancy - Per Person	28	606
Poolside Bungalow	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707
Standard Family Suite	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707
Deluxe Family Suite	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707
	Triple Occupancy - Per Person	25	546

MEAL PACKAGES

Breakfast - OR - Lunch

- Add approx €7.50 EURO per day (approx €165 EURO 22 Nights)

Breakfast AND Lunch

- Add approx €15 EURO per day (approx €330 EURO 22 Nights)

Breakfast AND Dinner - OR - Lunch and Dinner

- Add approx €16 EURO per day (approx €352 EURO 22 Nights)

All Three Meals

- Add approx €24 EURO per day (approx €528 EURO 22 Nights)

ROOM PRICE INCLUDES: Free super-fast fibre wifi, filtered drinking water and surfboard hire
FOR AN ADDITIONAL FEE: surf lessons, excursions, transport, airport transfers

"Single Occupancy" = one person in room

"Double Occupancy" = two people sharing room (if you are bringing a partner or friend)

"Triple Occupancy" = three people sharing room (if you are bringing a partner or friends)

DOT'S BAY HOUSE - APPROX GBP



THIS IS AN APPROXIMATE PRICE ONLY BASED ON THE EXCHANGE RATE AS OF 5 June, 2024

Please see most up-to-date exchange rate from \$USD here:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=GBP>

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	16	344
Double Room	Single Occupancy	35	775
	Double Occupancy - Per Person	20	431
PALM Studios	Single Occupancy	43	947
	Double Occupancy - Per Person	23	517
SOMA Villa 1	Single Occupancy	43	947
	Double Occupancy - Per Person	23	517
Poolside Bungalow	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603
Standard Family Suite	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603
Deluxe Family Suite	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603
	Triple Occupancy - Per Person	21	465

MEAL PACKAGES

Breakfast - OR - Lunch

- Add approx £6.50 GBP per day (approx £143 GBP 22 Nights)

Breakfast AND Lunch

- Add approx £13 GBP per day (approx £286 GBP 22 Nights)

Breakfast AND Dinner - OR - Lunch and Dinner

- Add approx £14.50 GBP per day (approx £319 GBP 22 Nights)

All Three Meals

- Add approx £21 GBP EURO per day (approx £462 GBP 22 Nights)

ROOM PRICE INCLUDES: Free super-fast fibre wifi, filtered drinking water and surfboard hire
FOR AN ADDITIONAL FEE: surf lessons, excursions, transport, airport transfers

"Single Occupancy" = one person in room

"Double Occupancy" = two people sharing room (if you are bringing a partner or friend)

"Triple Occupancy" = three people sharing room (if you are bringing a partner or friends)

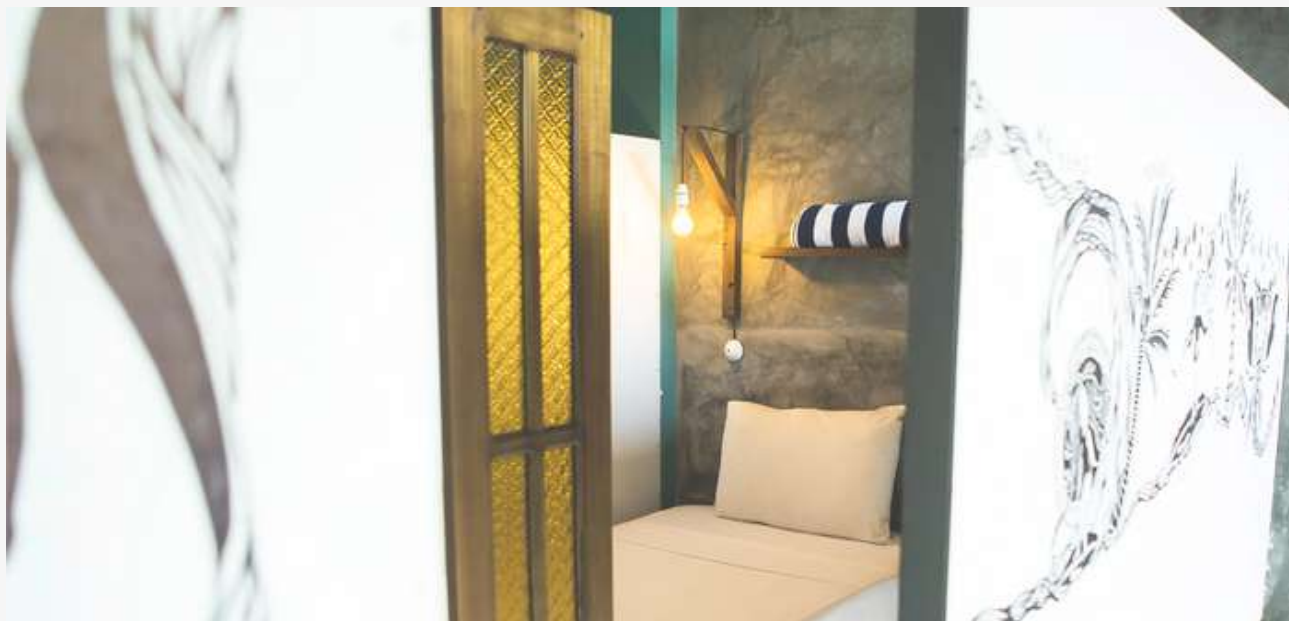


Special • OFFER •

BOOK ANY ROOM WITH
DOTS DURING JUNE 2024
AND RECEIVE \$100 USD
OFF YOUR FINAL BILL!

- DOTS WILL AUTOMATICALLY TAKE \$100 USD OFF YOUR FINAL ROOM BILL WHEN BOOKED DURING THE MONTH OF JUNE 2024
- \$100 USD = APPROX \$150 AUD / 91 EURO / 78 GBP

HOSTEL BED - STUDIO DORM



Located in a shared, **air-conditioned** building, each **cozy 7'x7' studio dorm** comes equipped with a comfortable 9' single bed, a private safe, free wifi, and bed linens and towels. The building **shared bathroom facilities** composed of three showers and three restrooms, providing ample space for all hostel guests.

Our shared studio hostel is the perfect option for **solo budget-conscious** travellers, looking for somewhere peaceful to sleep after long days spent in the surf, sand, or shala.

View this room here: [Shared Studio Room](#) (**Please note:** Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students)

ROOM COSTS IN \$USD:

ROOM TYPE	OCCUPANCY	USD Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	20	440

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	30	662

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	18	404

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Hostel Bed	Single Occupancy	16	344

PRIVATE DOUBLE ROOM



With colourful, original doors, and comfortable outdoor furniture, our private **double rooms** are outfitted with a **king bed** (9' multi-layer spring mattress), linens, towels, plus an **en-suite bathroom**, perfect for those looking for a little more space. Each room is equipped with **ceiling fans** and **mosquito nets**, along with filtered water, a private safe, and free wifi.

Relax among the wandering vines on your **patio**, or stretch out on your spacious bed – the double room is a great option for privacy, comfort, and a bit of luxe.

View this room here: [Double Room](#) (**Please note:** Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students)

ROOM COSTS in \$USD

USD PER NIGHT | 22 NIGHTS

Double Room	Single Occupancy	45	990
	Double Occupancy - Per Person	25	550

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Double Room	Single Occupancy	68	1488
	Double Occupancy - Per Person	38	827

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Double Room	Single Occupancy	41	909
	Double Occupancy - Per Person	23	505

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Double Room	Single Occupancy	35	775
	Double Occupancy - Per Person	20	431

POOLSIDE BUNGALOW



Our private bungalows are spacious, bright dwellings outfitted with a king bed (9' multi-layer spring mattress), as well as a single bed and an en-suite bathroom. The rooms feature free wifi, a ceiling fan, a mini fridge, mosquito nets, and private safes, along with daily cleaning, bed linens, towels, and complimentary filtered water. With your own private patio providing even more seclusion and quiet, and located just steps from the pool, our bungalows are great choices for couples or friends.

View this room here: [Bungalows](#) (**Please note:** Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students)

ROOM COSTS in \$USD:

\$USD PER NIGHT | 22 NIGHTS

Poolside Bungalow	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Poolside Bungalow	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158

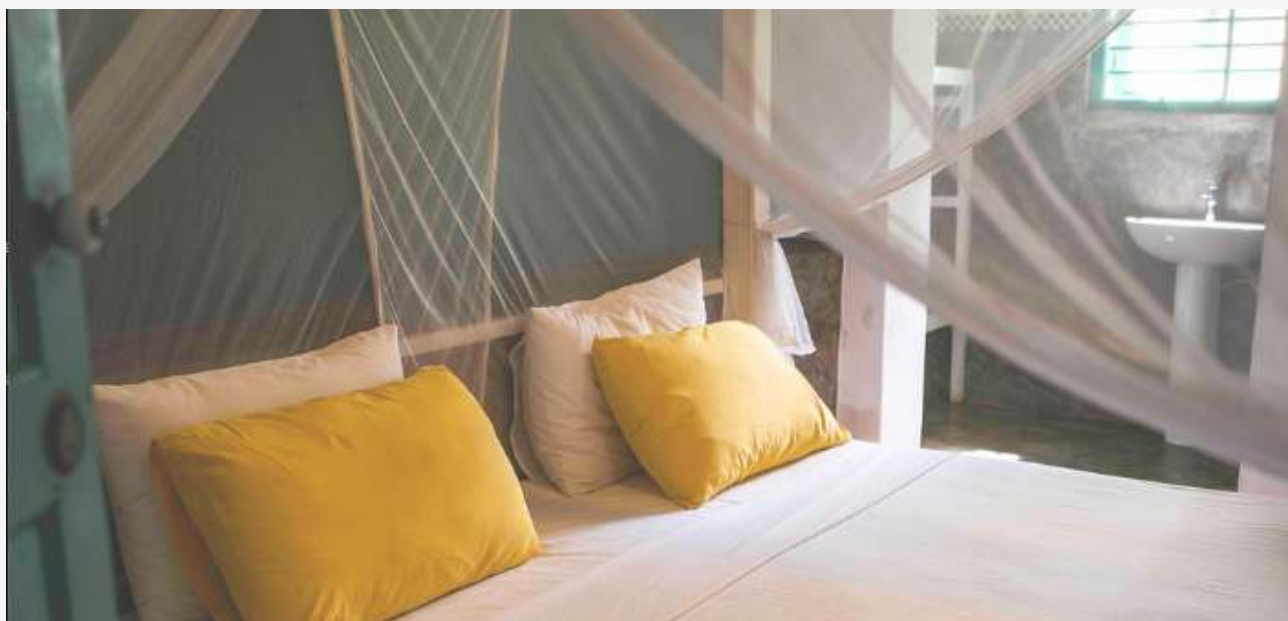
APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Poolside Bungalow	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Poolside Bungalow	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603

FAMILY SUITE



Our standard family suite features two chic, bright rooms, one with a comfortable king size bed (9' multi-layer spring mattress), the second with two single beds.

Perfect for families or larger groups traveling, the suite is equipped with a ceiling fan, mosquito net, mini fridge, patio, and filtered water. Bed linens, towels, and daily cleaning are included.

View this room here: [Standard Family Suite](#) (**Please note:** Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students)

ROOM COSTS IN USD:

\$USD PER NIGHT | 22 NIGHTS

Standard Family Suite	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Standard Family Suite	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Standard Family Suite	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Standard Family Suite	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603

DELUXE FAMILY SUITE



Our deluxe family suite is a **stylish, private bungalow**, offering **two rooms**, one with a king size bed and one with a double bed.

The room is equipped with AC and an en-suite bathroom, as well as a private safe, mini fridge, and tea/coffee kettle. Daily cleaning, bed linens, towels, and free wifi are included. A great option for families or groups, our deluxe family suite offers comfort, quiet, and leisure just steps from the pool and the beach.

View this room here: [Deluxe Family Suite](#) (Please note: Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students)

\$USD PER NIGHT | 22 NIGHTS

Deluxe Family Suite	Single Occupancy	60	1320
	Double Occupancy - Per Person	35	770
	Triple Occupancy - Per Person	27	594

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
Deluxe Family Suite	Single Occupancy	90	1985
	Double Occupancy - Per Person	53	1158
	Triple Occupancy - Per Person	41	893

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
Deluxe Family Suite	Single Occupancy	55	1213
	Double Occupancy - Per Person	32	707
	Triple Occupancy - Per Person	25	546

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
Deluxe Family Suite	Single Occupancy	47	1033
	Double Occupancy - Per Person	27	603
	Triple Occupancy - Per Person	21	465

PALM HOUSE



Located just **five minutes walk** from Dot's main location sits our newest, **most exclusive** accommodation option: **Palm House**. Book a private room in this two bedroom home and enjoy a spacious bedroom, **with double-size bed**, equipped with **hot water, mini fridge and kettle**, with a lush **private patio**.

Wifi, bedlinens, and towels included. Bathroom is shared with one other room.

View Room Here: [Palm Studio](#) (**Note:** Dots have blocked off their rooms as FULLY BOOKED - this is because they are all reserved for our students)

ROOM COSTS IN \$USD:

\$USD PER NIGHT | 22 NIGHTS

PALM Studios	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
PALM Studios	Single Occupancy	83	1819
	Double Occupancy - Per Person	45	992

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
PALM Studios	Single Occupancy	51	1112
	Double Occupancy - Per Person	28	606

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
PALM Studios	Single Occupancy	43	947
	Double Occupancy - Per Person	23	517

SOMA HOUSE



Located just **five minutes walk** from Dot's main location is the extremely stylish and luxurious **Soma House**. Book a **private room** in this three bedroom home and enjoy a spacious **air-conditioned bedroom with double-size bed**. Fully **equipped kitchen** with ample space for **dining** and chilling, plus a **sumptuous jacuzzi** so you can relax under the stars!

Wifi, bedlinens, and towels included. Bathroom is shared with two other rooms.

View Room Here: [Soma House](#) (**Note:** Dots have blocked off their rooms as FULLY BOOKED - this is because they are all reserved for our students)

\$USD PER NIGHT | 22 NIGHTS

ROOM COSTS IN \$USD:

SOMA Villa 1	Single Occupancy	55	1210
	Double Occupancy - Per Person	30	660

APPROX ROOM COSTS IN AUD:

ROOM TYPE	OCCUPANCY	AUD Per Person Per Night	22 Nights
SOMA Villa 1	Single Occupancy	83	1819
	Double Occupancy - Per Person	45	992

APPROX ROOM COSTS IN EURO:

ROOM TYPE	OCCUPANCY	EURO Per Person Per Night	22 Nights
SOMA Villa 1	Single Occupancy	51	1112
	Double Occupancy - Per Person	28	606

APPROX ROOM COSTS IN GBP:

ROOM TYPE	OCCUPANCY	GBP Per Person Per Night	22 Nights
SOMA Villa 1	Single Occupancy	43	947
	Double Occupancy - Per Person	23	517

MEAL PACKAGES



MEAL PACKAGES

If you choose one of the meal packages your daily option will be a mix of BBQs, buffet-style meals, and tasty a-la-carte options; and includes coffees, juices etc. from Dot's Surf Cafe.

Breakfast options include vegan and gluten-free choices as well as toast on house-made sourdough bread that is baked daily. Western-style fresh Illy coffee and espresso are served, as well as fine Sri Lankan teas and the freshest juices from local fruit.

Please let Dot's know your dietary requirements upon booking your Meal Package; so they can best serve you during your time in Sri Lanka!

Seasonally focused and locally sourced, the restaurant features daily and weekly rotating menus that bring you the freshest and finest of Hiriketiya's natural abundance of healthy and delicious ingredients.

All of their produce is proudly sourced from nearby farms, and as their own 'Tiny Farm' continues to flourish, they will shift to creating special menus solely based on what they grow themselves. They work with local fishermen and villages to source all of their super-fresh seafood.

They highlight the best ingredients the stunning Sri Lankan Southern coastline has to offer, while providing contemporary and playful twists. With a focus on small quantities of fresh regional elements and top quality when it comes to their meals.

HOW TO BOOK DOT'S BAY HOUSE



BOOKING ACCOMMODATION FOR YOUR SRI LANKA TRAINING IS SO EASY...

Choose
Your Room

Choose the room that suits you from the previous page

You can see more info about each option at: www.dotsbayhouse.com

Please note: Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students :)

Email Dot's

Email Dot's to book your room choice and meal package

Please email Dot's directly with your room choice and exacts dates (you may want to arrive early or stay longer to soak up even more sun and surf). Make sure you tell them you are a **Santosha student** for our Santosha rates! If you would like to share a room with other students, please let them know. They will reply to confirm your place. **Booking email:** dotssreservation@gmail.com

See you in
Sri Lanka!

Dot's will arrange your transfers from the airport

Email them your flight details - arrival date and time/ flight number - and they will do the rest! Cost TBC with Dot's at time of booking.

DOT'S BAY HOUSE - COSTS



TO APPROXIMATE COSTS IN AUSTRALIAN DOLLARS - SEE PAGE 8

\$1 AUD = 0.66 Approx

To see most up-to-date conversion copy + paste:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=AUD>

TO APPROXIMATE COSTS IN EUROS - SEE PAGE 9

1 EUR = 1.07 USD Approx

To see most up-to-date conversion copy + paste:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=EUR>

TO APPROXIMATE COSTS IN GBP - SEE PAGE 10

Approx 1 GBP = 1.25 USD Approx

To see most up-to-date conversion copy + paste:.

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=USD&To=GBP>



FAQS - ACCOMMODATION

WHERE ARE YOUR SRI LANKA TRAININGS HELD?

Our Sri Lanka courses are held in the chilled surf-hotel **Dot's Bay House**, in the cosy beach town of Hiriketiya, Sri Lanka.

Maplink: <https://g.page/dots-bay-house?share>

WHAT ARE THE ACCOMMODATION OPTIONS FOR YOUR SRI LANKA TRAINING?

We are running our Sri Lanka Yoga Teacher Training in partnership with Dot's Bay House. All students will select the option from the rooms offered onsite - please see our the room section of this guide for prices and options.

CAN I STAY OFFSITE FROM DOTS BAY HOUSE?

We are running our Sri Lanka Yoga Teacher Training in partnership with Dot's Bay House, so all students **must stay onsite** at Dot's Bay House. Dot's offer generous room prices to suit all budgets and needs and are looking forward to welcoming our students with the hospitality and warmth Sri Lanka is known for!

CAN I SHARE A ROOM?

Yes, please let Dot's know if that is your preference. If you want to share a room, please let Dots know:

- Your name
- Gender
- Which room options you would be interested in sharing

HOW DO I BOOK MY ROOM AT DOT'S ?

Booking accommodation for your Sri Lanka training could not be easier:

- Choose Your Room
- Choose your Meal Package
- Email Dot's Bay House: dotsreservation@gmail.com

Options include stylish bungalows, single/ double rooms and spacious and clean dormitory-style rooms at different price points so everyone can afford to join us.

Please email Dot's directly with your choices, exact dates (you may want to arrive early or stay longer to soak up even more sun and surf). They will reply to confirm your reservation.

Booking email: dotsreservation@gmail.com

Please note: Dot's have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students :)

FAQS - ACCOMMODATION

WHAT DO THE MEAL PACKAGES INCLUDE?

- If you choose one of the meal packages your daily option will be a mix of BBQs, buffet-style meals, and tasty a-la-carte options; and includes coffees, juices etc. from Dot's Surf Cafe.
- Breakfast options include vegan and gluten-free choices as well as toast on house-made sourdough bread that i baked daily. Western-style fresh Illy coffee and espresso are served, as well as fine Sri Lankan teas and the freshest juices from local fruit.
- Please let Dot's know your dietary requirements upon booking your Meal Package; so they can best serve you during your time in Sri Lanka!

I LOOKED ON THE DOTS WEBSITE AND ALL ROOMS ARE FULLY BOOKED?

Please note: Dots have blocked off their rooms as FULLY BOOKED on their website during this time - this is because they are all reserved for our students. Please email to book your room: dotsreservation@gmail.com

WHERE CAN I SWIM?

Dot's has a GORGEOUS pool for you to cool off in your breaks and spare time. Tucked into the far end of our property for maximum privacy, the pool is perfect for lounging, swimming, and relaxing. A pool-side bar service is also available so you can sip juices while you relax poolside. Check it out [here](#).

Dot's is also right on the beach so you can walk straight out for a swim in the ocean (check the conditions first) or grab a board and go for a surf in your breaks.

PLEASE NOTE: DOT'S HAVE BLOCKED OFF THEIR ROOMS AS FULLY BOOKED ON THEIR WEBSITE DURING THIS TIME - THIS IS BECAUSE THEY ARE ALL RESERVED FOR OUR STUDENTS :)



FAQS - GENERAL

WHAT AIRPORT SHOULD I FLY INTO FOR THE COURSE?

Colombo Bandaranaike International Airport, Sri Lanka.

- Fly into **Colombo Bandaranaike International Airport, Sri Lanka**
- **Dot's Bay House** can assist in arranging an **airport pick-up** for you at cost

HOW DO I GET TO DOT'S IN HIRIKETIYA FROM THE AIRPORT?

Hiriketiya is around 3.5-4 hours drive from the International Airport in Colombo. We would not advise that you attempt to travel by public transport as this would take a whole day of travel including taxis, trains and multiple buses!

So the best way to travel is by taxi direct from the airport or your accommodation in Sri Lanka if you are staying elsewhere.

When you book your accommodation with Dot's, please also send them your flight details if you would like them to arrange a taxi to collect you from Colombo Bandaranaike International Airport or any other location in Sri Lanka.

You may be able to share taxis with other students if you are arriving at similar times- Dot's will help to coordinate this. You can also check in with each other to arrange this on the student Whatsapp group.

DO YOU HAVE A DRIVER WHO CAN ASSIST WITH AIRPORT PICK UP / DROP OFF AND TOURS?

Yes, Dot's are happily able to happily organise this for you at a competitive cost. Supply Dots with the below information and they will do the rest :)

- flight date, name and time
- your full name for the driver to hold up on a sign
- name, address and phone number of destination
- your Whats App number/ contact mobile number in Sri Lanka if you have one

WHEN DOES THE COURSE START ON DAY ONE?

Our Sri Lanka Training **starts on the morning of Day One (approx 9am)**. The exact time will be confirmed in your **schedule**, which you will receive in the week before your training begins. **You will need to organise your travel so you will be in Hiriketiya and ready to begin your studies on the morning of the first day of your training** (prior to 9am)

Most students arrive the day before or a few days earlier so they have time to settle into their accommodation. Please inform us of your travel plans if you will be arriving late and are not able to join the Welcome Circle so we know when to expect you.

FAQS - GENERAL

HOW DO I BOOK FLIGHTS?

Flyus.com or Skyscanner are good sites to look for flight deals. We recommend looking for deals here and then booking them directly on the airline's website (to avoid additional fees) and have more flexibility. If you do not feel confident booking flights yourself, then contact your local Travel Agency.

DO I NEED A VISA FOR SRI LANKA?

YES! Please ensure you obtain your visas for Sri Lanka at least 7 working days in advance of travel from this official [Government site](https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US) - this is approximately \$50 USD for 30-180 days. https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US

HOW DO I BOOK TRAVEL INSURANCE?

All Santosha students must have travel insurance.

You can organise this through either:

- Your existing insurance company (if you have one)
- Your Bank
- Your Airline
- Your Travel Agent
- Online at a company such as World Nomads:
- Your Travel Agent
- Online at a company such as World Nomads: <https://www.worldnomads.com/travel-insurance/>

ARE THERE ANY COVID-19 REQUIREMENTS FOR SRI LANKA?

Currently, there are no COVID-19 requirements for travel to Sri Lanka including proof of vaccinations or negative tests. However, the situation can change, so please check this on your Government Travel Advisory website.

WHAT IS THE CURRENCY OF SRI LANKA?

The currency for Sri Lanka is Sri Lanka Rupee. You can check the exchange rate to your local currency here: <https://www.xe.com/currency/lkr-sri-lankan-rupee>

There are many ATMs and Banks to change money in Dikwella (5-10 mins by tuk-tuk) Carry some change on you at all times. Although you can pay with a credit card in hotels, restaurants, and supermarkets nowadays, there are still many shops in where only cash is accepted. Same goes for tuk-tuks.

FAQS - GENERAL

IS THERE ANY CHANCE TO GO ON ANY TRAVEL EXCURSIONS?

Yes, there are two full days off which you can use to surf, explore, snorkel, relax, visit temples, waterfalls, beach hop and explore this fascinating and beautiful country. Dot's can also arrange for you:

- Sri Lankan Cooking class
- Udawalawe or Yala Safari -see elephants, leopards, crocodiles and more in the wild
- Surf Lessons
- Bakery 101
- Whale watching
- Mulikirigata Temple



WHAT VACCINES DO I NEED FOR THE TRIP?

As we are not doctors, we prefer to refer to those who are for this question - the below link is a good place to start. Having a pre-travel appointment at a travel clinic or medical centre is advisable to ensure you are up to date with any relevant vaccinations recommended for travel to Sri Lanka.

<https://www.tmb.ie/destinations/vaccinations-for-sri-lanka>

DO I NEED MALARIA TABLETS IN SRI LANKA?

There is a low risk of Malaria in the area north of Vavuniya (very far from our training site) and a very low risk in the rest of Sri Lanka. Antimalarials are not recommended but awareness of the risk and bite avoidance is advised.

IS THERE A DOCTOR/ HOSPITAL NEARBY?

Yes, there is a small local hospital nearby in Dikwella and a Western style Hospital in Matara. Dot's can assist with local doctor needs also. There are several pharmacies in Dikwella.



FOLLOW YOUR HEART

Need some further questions answered? We'd love to talk yoga with you! Contact us anytime through Phone, WhatsApp and Signal:

Jennie - Australia, NZ and Asia +61 402 087 633

Sophie - Europe and Americas on +44 774 708 5144

Or email our helpful team:

info@santoshayogainstitute.edu.au

I'M READY TO JOIN!

Congratulations on making the incredible decision to step into an exciting new future! We are so looking forward to walking alongside you on this transformational journey.

To book your place simply click the button below to visit our webpage - or visit:

<https://santoshayogainstitute.edu.au/yoga-teacher-training/ytt-sri-lanka-yoga-teacher-training/>

BOOK YOUR PLACE

From there we will be in touch to welcome you to the group and assist you in getting started on this exciting new journey!

We are so honoured to be walking this path with you and cannot wait to connect personally very soon...

Oceans of love,

Sunny



Phone, WhatsApp, Signal: +61 402 087 633



santoshayogayttooffice@gmail.com



www.santoshayogainstitute.edu.au



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