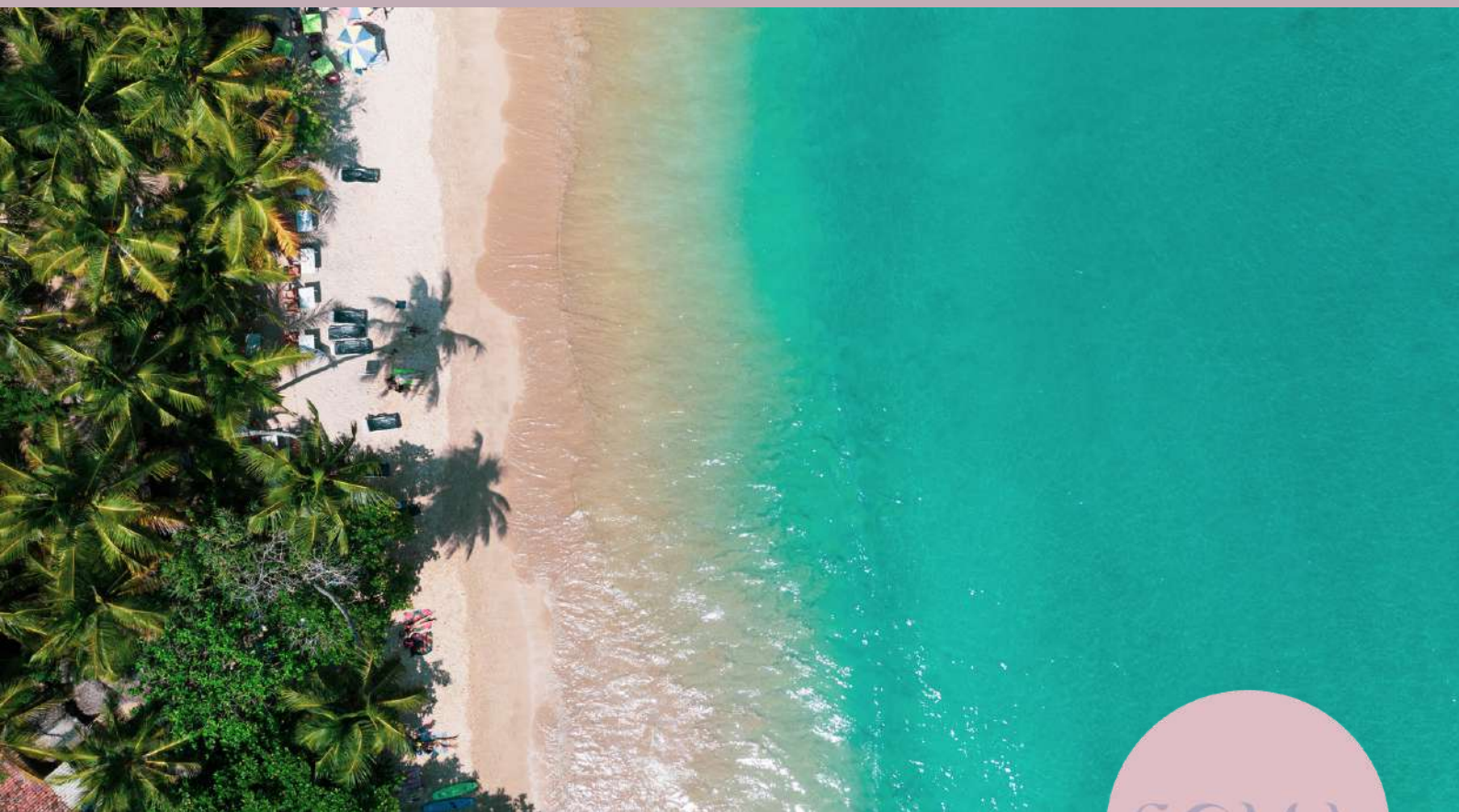


SRI LANKA TRAVEL + ACCOMMODATION GUIDE



JOIN US IN SURF PARADISE, SRI LANKA

SOMA



SOMA LIVING, HIRIKETIYA
STAY IN SRI LANKA WITH STYLE



THIS UNIQUELY DESIGNED RETREAT SPACE IS LOCATED IN A QUIET, SECLUDED AREA, SURROUNDED BY NATURE, 15-MINUTES WALK FROM HIRIKETIYA BEACH.

SOMA HAS A DEDICATED ROOFTOP MAT PILATES STUDIO WITH PANORAMIC OCEAN VIEWS, FULLY EQUIPPED WITH MATS AND PROPS.

ON THE GROUND FLOOR IS THE BRAND NEW STATE OF ART REFORMER PILATES STUDIO WITH AC THROUGHOUT AND TROPICAL GARDEN VIEWS.

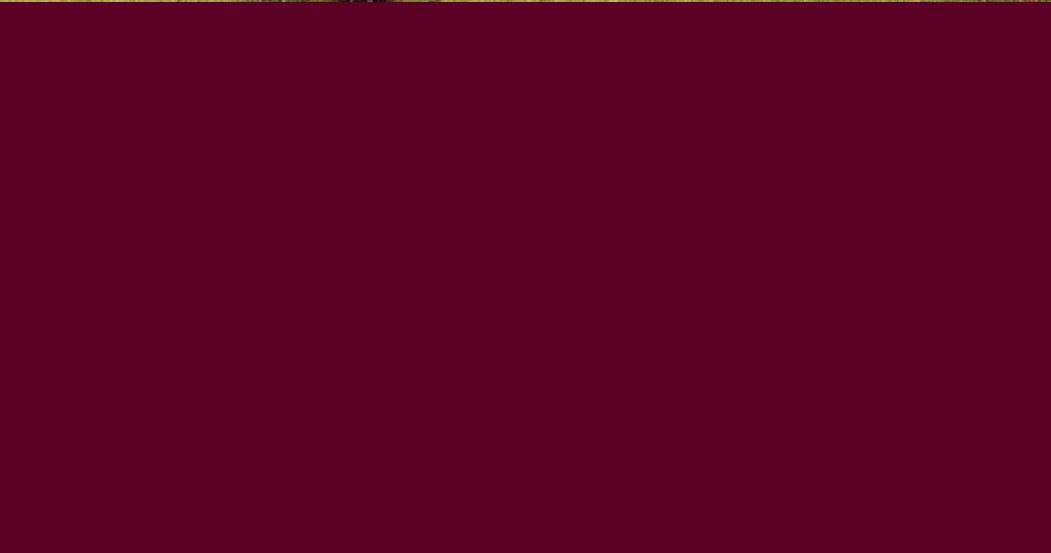
THE TWO PILATES STUDIOS AND ON-SITE CAFE ARE ALL WITHIN EASY WALKING DISTANCE OF YOUR ACCOMMODATION AT SOMA VILLAS OR HOUSE.



SOMA LIVING

SOMA'S ECO-CONSCIOUS RETREAT ACCOMMODATION COMPRISES:

- **TWO STUNNING NEWLY RENOVATED VILLAS, EACH WITH THREE LARGE BEDROOMS, MODERN STYLISH BATHROOMS, FULLY-EQUIPPED KITCHENS, AND PLUNGE POOLS.**
- **A THIRD BUDGET-FRIENDLY SOMA HOUSE OFFERS STYLE AND ACCESSIBILITY, WITH STYLISH COMMUNAL STUDIO ROOMS WITH FOUR PRIVATE SINGLE UNITS STUNNING OCEAN VIEWS, AND GORGEOUS SHARED BATHROOM.**





SOMA VILLAS

LUXURIATE IN ONE OF TWO STYLISH PRIVATE KING ROOMS SOMA VILLAS.

EACH BEDROOM HAS A KING-SIZE BED, OWN MODERN STYLISH BATHROOM, WARDROBE AND PATIO.

EACH VILLA HAS OPEN LIVING AREAS, A FULLY EQUIPPED KITCHEN, LUSH GARDEN AND OUTDOOR DINING AREA AND A SUMPTUOUS PLUNGE POOL.

BOTH VILLAS ARE 15-MINUTES WALK FROM THE STUNNING HIRIKETIYA BEACH AND 2 -5 MINUTES WALK FROM YOUR PILATES STUDIO.



SOMA VILLAS



INCLUDES AN EN-SUITE TOILET/SHOWER

NOTE: EACH ROOM IS UNIQUE - GUIDE ONLY

7 nights (includes Breakfast + Lunch) = \$651 USD private room for one
15 nights (includes Breakfast + Lunch) = \$1,395 USD private room for one

7 nights (includes Breakfast + Lunch) = \$511 USD per person double share
15 nights (includes Breakfast + Lunch) = \$1,095 USD per person double share

Approx. AUD

7 nights (includes Breakfast + Lunch) = \$995 AUD private room for one
15 nights (includes Breakfast + Lunch) = \$2,130 AUD private room for one
7 nights (includes Breakfast + Lunch) = \$780 AUD per person double share
15 nights (includes Breakfast + Lunch) = \$1,675 AUD per person double share

NOTE: THESE ARE APPROXIMATE CONVERSIONS ONLY

CHECK CONVERSION HERE: <https://www.xe.com/currencyconverter/convert/?Amount=651&From=USD&To=AUD>

Approx. EURO

7 nights (includes Breakfast + Lunch) = €555 Euro private room for one
15 nights (includes Breakfast + Lunch) = €1,190 Euro private room for one
7 nights (includes Breakfast + Lunch) = €437 Euro per person double share
15 nights (includes Breakfast + Lunch) = €935 Euro per person double share

NOTE: THESE ARE APPROXIMATE CONVERSIONS ONLY

CHECK CONVERSION HERE: <https://www.xe.com/currencyconverter/convert/?Amount=651&From=USD&To=EUR>





SOMA HOUSE

SOMA HOUSE OFFERS STYLISH COMMUNAL STUDIO ROOMS - DIVIDED INTO FOUR PRIVATE SINGLE DORM UNITS. EACH STUDIO DORM ROOM HAS A BED, A/C, WARDROBE SPACE - AND AN OCEAN VIEW!

THE HOUSE HAS TWO GORGEOUS SHARED BATHROOMS EACH WITH SHOWER AND TOILET.

SOMA HOUSE IS SIMILAR IN STYLE TO OUR SOMA VILLAS, WITH A LARGE MAIN ROOM DIVIDED INTO FOUR PRIVATE STUDIO DORMS FOR SLEEPING - MAKING IT A MORE COST-FRIENDLY OPTION FOR THOSE ON A BUDGET.



SOMA HOUSE



7 nights (includes Breakfast + Lunch) = \$441 USD studio room for one
15 nights (includes Breakfast + Lunch) = \$945 USD studio room for one

Approx. AUD

7 nights (includes Breakfast + Lunch) = \$675 AUD studio room for one
15 nights (includes Breakfast + Lunch) = \$1,445 AUD studio room for one

NOTE: THESE ARE APPROXIMATE CONVERSIONS ONLY

CHECK CONVERSION HERE: <https://www.xe.com/currencyconverter/convert/?Amount=441&From=USD&To=AUD>

Approx. EURO

7 nights (includes Breakfast + Lunch) = €377 Euro studio room for one
15 nights (includes Breakfast + Lunch) = €806 Euro studio room for one

NOTE: THESE ARE APPROXIMATE CONVERSIONS ONLY

CHECK CONVERSION HERE: <https://www.xe.com/currencyconverter/convert/?Amount=441&From=USD&To=EUR>

OUR TRAINING COSTS - \$USD

CHOOSE THE BEST OPTION TO SUIT YOUR BUDGET AND NEEDS!

Mat OR Reformer + Accommodation + = Total Spend*
Pilates ONLY Breakfast & Lunch Course + Accommodation +
Breakfast & Lunch

\$1,299
USD

**Mat OR Reformer
Training**

\$651
USD

**7-Nights SOMA Villa
+ Breakfast & Lunch**

\$1,950
USD

**Mat OR Reformer
+ 7-Nights SOMA Villa
+ Breakfast & Lunch**

\$1,299
USD

**Mat OR Reformer
Training**

\$441
USD

**7-Nights SOMA House
+ Breakfast & Lunch**

\$1,740
USD

**Mat OR Reformer
+ 7-Nights SOMA House
+ Breakfast & Lunch**

Mat AND Reformer + Accommodation + = Total Spend*
Pilates Combined Breakfast & Lunch Course + Accommodation +
Breakfast & Lunch

\$1,949
USD

**Mat AND Reformer
Combined Training**

\$1,395
USD

**15-Nights SOMA Villa
+ Breakfast & Lunch**

\$3,344
USD

**Mat OR Reformer
+ 15-Nights SOMA Villa
+ Breakfast & Lunch**

\$1,949
USD

**Mat AND Reformer
Combined Training**

\$945
USD

**15-Nights SOMA House
+ Breakfast & Lunch**

\$2,894
USD

**Mat OR Reformer
+ 15-Nights SOMA House
+ Breakfast & Lunch**

*** Total based on early-bird training rate**

To view the most recent conversion to your currency visit:

<https://www.xe.com/currencyconverter/>

Does not include flights, transfers and dinner.

Add Dinner (optional): 7 Days - \$105 USD per person / 15 Days - \$225 USD per person

HOW TO BOOK YOUR ACCOMMODATION



Step 1 – Book Your Training

Secure your place by booking your training directly on our Santosha website. Once your booking is confirmed, our Student Support team will contact you for your accommodation choice - SOMA Villas or SOMA House.

Step 2 – Confirm Your Accommodation

Our team will email you to confirm your preferred choice - and CC: SOMA's booking team.

SOMA's team will follow up directly to:

- Confirm your room choice
- Provide payment details for your deposit and final payment
- Upgrade your to a 3 x Meal Plan (if applicable)

Step 3 – Payment for Accommodation & Meals

All accommodation and meal payments are made directly to SOMA.

Important Note:

- Villas and House are booked on a first-come, first-served basis – early booking is recommended to secure your preference.
- If a room choice is no longer available, this will be clearly marked on this Accommodation Guide. Accommodation is only confirmed once SOMA has received your deposit/payment.
- All students must stay on-site at SOMA during the training.



MEAL PACKAGES

MEAL TIMES OFFER THE TIME FOR DINING TOGETHER AND BUILDING CONNECTIONS IN THE BEAUTIFUL OUTDOOR DINING SPACE OF THE CAFE OR IN THE TROPICAL GARDENS OF THE VILLAS.

AN ONSITE PRIVATE RETREAT CHEF IS OURS FOR THE DURATION OF THE TRAINING TO PROVIDE HIGH-QUALITY, DELICIOUS, NUTRITIOUS FOOD TO NOURISH YOUR SOUL.

SOMA OFFER PRIMARILY VEGETARIAN & PLANT-BASED FOOD, WITH ADDITIONAL PROTEIN OPTIONS THAT CAN BE ADDED. BUT CAN CATER TO ANY NECESSARY DIETARY REQUIREMENTS & PREFERENCES- E.G. GLUTEN-FREE



Our Accommodation Package enables a full immersion during your days of study - with Breakfast and Lunch included. You can also upgrade to a 3 x Meal Package to include Dinner (optional)

Meal Package Upgrade

Two Meal Package - Breakfast and Lunch
- Included in your Accommodation Package

Three Meal package - Add Dinner (optional)
7 Days - Additional \$105 USD per person
15 Days - Additional \$225 USD per person

Approx. \$160 AUD / €90 Euro - 7 Days
Approx. \$345 AUD / €192 Euro - 15 Days



SRI LANKA

TRAVEL TO SRI LANKA



FLIGHTS TO SRI LANKA

Fly into **Colombo Bandaranaike** International Airport, Sri Lanka. Flights can be booked over the internet or via a travel agent.



ACCOMMODATION

We have teamed up with the incredible **SOMA in Hiriketiya**. They offer a variety of stylish and comfortable shared or private rooms **so everyone can join us**.



VISAS

Easily obtain your visas for Sri Lanka at least 7 working days in advance of travel from the official [Government site](#) - approximately \$50 USD for 30-180 days.



AIRPORT TRANSFERS

SOMA can book an airport pick-up for you, to meet your flight and drive you to our venue. Please let them know if you would like to arrange this service when booking.

[VISA LINK](#)



JOIN US IN SRI LANKA - A DREAM DESTINATION FOR SURFERS, EXPLORERS, BEACH LOVERS, SUN-SEEKERS AND WELLNESS ENTHUSIASTS.

BREATH-TAKING SRI LANKA, WITH ITS PRISTINE BEACHES, LUSH RAIN-FORESTS, COLOURFUL TEMPLES, AND RICH TRADITION OF AYURVEDIC HEALING IS A HIDDEN GEM YOU'LL BE GLAD YOU DISCOVERED BEFORE EVERYONE ELSE DOES!

OUR SRI LANKA STUDENTS ALL AGREE - THIS IS THE MOST MAGICAL BACKDROP FOR A PILATES EXPERIENCE.

BURSTING WITH NATURAL BEAUTY, CULTURE AND CHARM SRI LANKA IS A MUST-VISIT DESTINATION FOR THOSE WANTING TO EXPERIENCE SOMETHING VERY SPECIAL.



HIRIKETIYA
SURF PARADISE



SOMA LIVING IS 15-MINUTES WALK FROM SRI LANKA'S BEST KEPT SECRET - HIRIKETIYA BEACH - A HIDDEN HORSESHOE OF WHITE SAND, STUNNING SUNSETS, CHILLED CAFES AND AMAZING SURF.

IMMERSE YOURSELF IN PILATES, SURF AND SUN IN OUR OPEN-HEARTED COMMUNITY IN SURF PARADISE!

'HIRI' IS ALSO A WORLD-RENOWNED SURF SPOT, OFFERING WAVES PERFECT FOR BOTH BEGINNERS AND SEASONED SURFERS.

CHILL OUT IN THIS CHARMING SURF BEACH VILLAGE, WHILE ENJOYING DAILY SURFS, SWIMS AND MASSAGES.



FAQS - SRI LANKA, TRAVEL & VISAS

FAQS - ACCOMMODATION

WHERE ARE YOUR SRI LANKA TRAININGS HELD?

Our Sri Lanka courses are held at SOMA Living, in the cosy beach town of Hiriketiya, Sri Lanka. On Google: <https://share.google/0oxp4tUGI5Svaxdkf>

WHAT ARE THE ACCOMMODATION OPTIONS?

Choose from either:

- Private King Room at SOMA Villas
- Dorm Studio Room at SOMA House

CAN I STAY OFFSITE FROM SOMA LIVING?

We are running our Sri Lanka Yoga Teacher Training in partnership with SOMA Living, so all students **must stay onsite** at SOMA Living.

HOW DO I BOOK MY ROOM AT SOMA LIVING?

Step 1 – Book Your Training

Secure your place by booking your training directly on our Santosha website. Once your booking is confirmed, our Student Support team will contact you for your accommodation choice.

Step 2 – Confirm Your Accommodation

Our team will email you to confirm your preferred choice - and CC SOMA's booking team.

SOMA's team will follow up directly to:

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NOTE: Villas and House are booked on a first-come, first-served basis – early booking is recommended to secure your preference. If a room choice is no longer available, this will be **clearly marked** on this Accommodation Guide.

I AM TRAVELLING WITH A PARTNER, CAN THEY SHARE MY ROOM?

Yes, they can stay in your private king room with you at SOMA Villas.

FAQS - TRAVEL & VISAS

HOW DO I GET TO SRI LANKA?

Fly into Colombo Bandaranaike International Airport, Sri Lanka

HOW DO I GET TO SOMA LIVING?

SOMA Living can assist in arranging an airport pick-up for you at cost. They will organise this with you at time of booking.

HOW DO I BOOK FLIGHTS TO SRI LANKA?

To book your flights, you can use sites such as Flyus.com, Skyscanner or Webjet to look for flight deals. We recommend looking for deals here and then booking them directly on the airline's website for less fees and the ability to communicate directly with the airline. If you do not feel confident booking flights yourself, then contact a local Travel Agency such as Flight Centre.

DO I NEED A VISA TO GET INTO SRI LANKA?

YES! Simply 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) (approximately \$50 USD for 30-180 days) Visit:

https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US

DO I NEED TRAVEL INSURANCE?

Yes! You will need valid travel insurance to be able to apply for your visa and to enter Sri Lanka. We also require Travel Insurance for you to join us on the course.





SOMA

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.

Questions? We'd love to talk with you! Contact us anytime on mobile or WhatsApp - Sunny: [+61 428 190 029](tel:+61428190029)

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

<https://santoshayogainstitute.com/pilates-teacher-training/sri-lanka/>

BOOK NOW


santasha
YOGA & PILATES INSTITUTE



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santoshayogainstitute.com



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