

NO. 39
GALLE FORT



GUIDED YOGA AND MEDITATION PRACTICE AT NO.39 GALLE FORT

Our certified yoga instructors will guide you through a 90 minute Yoga and meditation practice. This practice will be customized to meet the needs and preferences of the participants. The aim of the practice is to strengthen the body with asanas while calming the mind by focusing on the breath.

You can practice yoga in the privacy of the villa or out on the Ramparts of the Fort at dawn or dusk to the sounds of the ocean.

Cost: Rs 3000 (~ US\$ 17) per person – Includes, 90 min yoga and meditation instruction, yoga mats, towels, bottled water, warm cinnamon or herbal tea.

Please reserve classes 48h ahead.

Seva Yoga is an integral part of a yoga practice, *Seva* in Sanskrit describes selfless service. If you wish to practice this aspect, we can arrange a visit to a local orphanage or a home for the elderly where you could donate your time, food or financial help.

*Prices may change without prior notice.