

A tropical villa with a tiled roof and a swimming pool surrounded by palm trees.

Joy in Movement Retreat

Sri Lanka

11-17th April 2026

JOY IN
MOVEMENT

The retreat

Immerse yourself in deep relaxation at our Yoga and Pilates retreat in the coastal paradise of Ahangama, Sri Lanka. Designed for those seeking a perfect balance between wellness and indulgence, our retreat blends the serenity of Yoga and Pilates with the comforts of a tropical escape.

Our retreat is all about balance - whether it's the harmony between movement and stillness, adventure and relaxation, detox and indulgence.

Wake up to the sound of nature and begin your day with energising sunrise Yoga on the open-air deck, followed by a nourishing breakfast made from the freshest local ingredients. Spend your days practicing Yoga and Pilates, enjoying holistic wellness therapies, or diving into Sri Lanka's vibrant culture. In between, unwind by the pool or explore Ahangama's world-renowned surf breaks and surround yourself with the local culture on offer.

Evenings invite deep relaxation with restorative Yoga, followed by exquisite meals prepared by our own private chef to nourish the body and soul. Whether you're looking to reset and recharge, develop your practice, or simply experience a blissful escape, this retreat offers a journey toward inner harmony and renewal.

Come experience the art of balance in tropical Sri Lanka. Wellness is at the heart of all our retreats but we incorporate fun and free time for you to explore by yourself. Every detail is designed to nurture your body, mind, and spirit.



The venue

Stay in a minimalistic, boutique villa, nestled amongst paddy fields, just a short ride away from the vibrant beach town Ahangama and the tropical Kabalana beach. The house offers spacious rooms, all with en-suites, a private infinity pool, a Yoga shala, an outdoor dining space, and many serene relaxation spaces.

This curated retreat space will feel like home for the week, with a laid-back atmosphere ensuring you can fully relax amongst nature. The house is a hidden gem, situated just a 5-minute ride from the vibrant fishing-village Ahangama - famous for its great surf alongside a number of cafes and shops to discover.

With easy access to surf breaks and beaches, we will be in the ideal location for an unforgettable escape.



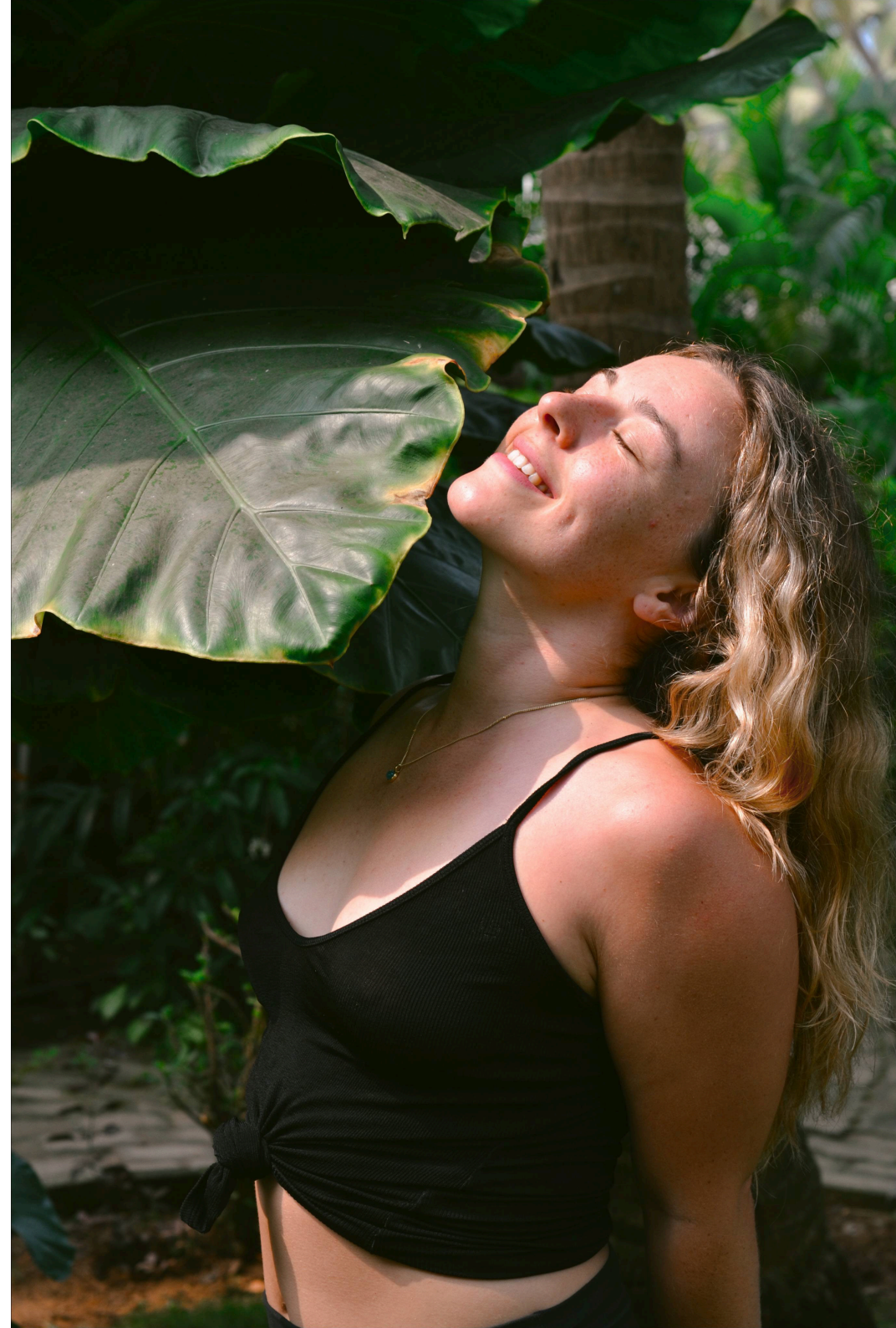
The teacher

Annie has been teaching Yoga and Pilates since 2018, after coming to both of these holistic practices from a dance background. She approaches them with a deep sense of flow and her teaching has a clear rhythmic cadence.

Expect to feel invigorated after your morning dynamic practices, challenged in Pilates and deeply nourished after your evening Yin.

Annie teaches online twice per week, if you want to join her classes before coming on retreat we can help facilitate that for you.

[Follow on Instagram](#)



What to expect

Imagine stepping away from your busy day-to-day life - the deadlines, the noise, the notifications — and entering a space where everything is designed to help you slow down, tune in, and reconnect with yourself.

Whether you're new to Yoga or a seasoned Yogi, our retreat offers a unique opportunity to deepen your practice in a supportive, nurturing environment. It is a chance to move your body with awareness, quiet your mind, nourish yourself with wholesome food, and be surrounded by natural beauty and like-minded souls.

Our retreats are all about balance and we want every person to get what they need out of the trip.

Find out more next about what a typical day might look like.



**Our retreat
welcomes all levels**

A typical day

Dynamic morning Yoga

Brunch

Free time to chill by the pool or head into town

We're only 5 mins in a tuk tuk to Ahangama

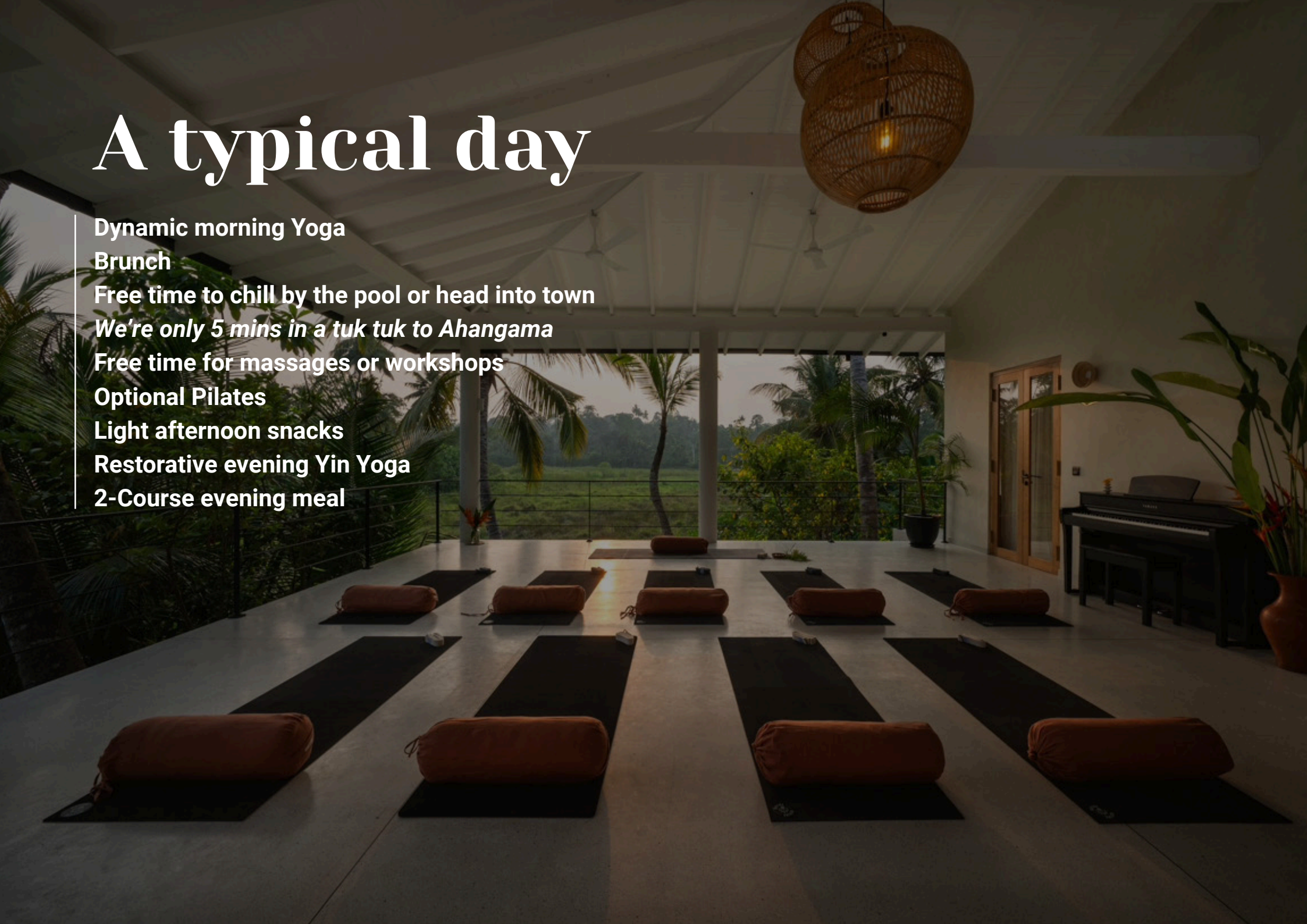
Free time for massages or workshops

Optional Pilates

Light afternoon snacks

Restorative evening Yin Yoga

2-Course evening meal



Rooms & Costs

Rooms feature a minimalistic interior design that beautifully showcase the timeless elegance of the local craftsmanship. Each room includes a king-size bed or two singles, depending on your booking. The venue offers cozy hangout spots and nooks, including an outside deck, lounges in an open space shala, a garden, as well as an infinity pool. It is the ideal setup for group gatherings or moments of peaceful solitude.

Booking details

All prices are per person.

A deposit of £300 is required to secure all spots on this retreat.

The final balance is due 6 weeks before the check-in date.

Payment plans are available so that you can spread the cost across the year.





Single Occupancy
£1750
per person

Limited availability

A modern bedroom with two twin beds, a large window, and a ceiling fan. The room features a minimalist design with white walls, a concrete floor, and a large window that looks out onto a tropical garden. The beds are made with white linens and have orange pillows. A wooden nightstand is visible on the left, and a wooden desk with a chair is on the right. A large, round, white pendant light hangs from the ceiling. A ceiling fan is also visible.

Shared Twin

£1350

per person



Shared Triple
£1250
per person



Shared Quad

£1050

per person

What's included

Six nights accommodation

Private Yoga shala

Private infinity pool

All-inclusive food

Brunch and dinner plus an afternoon snack.

Light snacks

A six day Yoga programme

Including extended Yoga sessions and workshops to develop your individual practise.

Welcome Yoga and opening ceremony

Five dynamic practices

Five Yin practices

Yoga workshop

Optional afternoon Pilates

Gentle flow on departure day

Cooking class

Additional ice bath and sauna

What's not included

Return flights

Return transfer

Visa fees and travel insurance

Lunch

We have decided to provide two meals so you can explore the local area in the daytime and try the local cuisine.

Massages and Treatments

Personal spending

Optional dinner out

We will organise this one evening for the group.

Alcohol

Optional excursions

FAQs

1. What is a Yoga retreat?

A Yoga retreat is a getaway designed to help you unwind, recharge, and deepen your Yoga practice in a peaceful and nature-rich setting. It includes daily Yoga classes, nourishing meals, and time for rest and exploration.

2. Do I need to be experienced in Yoga to attend?

Our retreat welcomes all levels—from complete beginners to seasoned yogis. Sessions will be tailored to accommodate various experience levels. It is useful to have done some Yoga or movement prior to the retreat. If you are brand new, it's advisable to have practised at least 10 sessions before joining the retreat to give you a foundation. We can advise you where to find suitable classes or how to find classes near you - get in touch if you would like to chat more about this.

3. What type of Yoga will be practiced?

The main style of Yoga we will practice is Mandala Vinyasa, however the instructor will incorporate some slow flow and playful Vinyasa with every evening focusing on a deeply relaxing and nourishing Yin Yoga. Morning sessions are typically energising, while evening sessions are more restorative. The exact schedule may vary.

4. What kind of food is served?

Our private chef will prepare meals daily that are healthy, nourishing, and mostly vegetarian. We accommodate all dietary preferences and restrictions—please inform us in advance of any special requirements.

5. Can I come alone?

Absolutely! Many of our guests come solo. A retreat is a great opportunity to meet like-minded people and connect with yourself in a supportive environment. Guests always come away with a network of new Yoga connections and stay friends beyond the retreat.

6. What should I bring?

Comfortable Yoga clothes for the hot weather.
Swimwear.
Slip on shoes for walking around the venue.
Sweat towel and beach towel.
Sleep essentials: eye mask, ear plugs, etc.
Reusable water bottle.
Personal toiletries including sunscreen and insect repellent.
Journal or notebook.
Open mind and positive energy.

7. Is the retreat suitable for people with injuries or health conditions?

If you have any injuries or health conditions, we recommend consulting your doctor before booking. Please also let us know about any conditions in advance, and our instructors can help modify poses or activities to suit your needs.

8. Will there be free time?

Yes! There is plenty of time built in for resting around the pool, exploring the area or simply relaxing in nature.

9. What is the cancellation policy?

Please refer to the Terms & Conditions or contact us directly for more details.

10. How do I book a spot?

You can reserve your place via our website or by contacting us directly. Spaces are limited, so early booking is recommended!

Testimonials

"A HUGE thank you to Annie for organising such a wonderful yoga retreat. It was evident all the hard work and love that had gone into the planning and all the small details to make this such a magical weekend for everyone. The schedule each day was really well formatted and had a great variety to keep us busy and take time away to relax as we wished. The yoga sessions were amazing with a great variety each day."

"Her exceptional generosity and grace is very rare and precious."

"Annie is an intuitive teacher and explains the movements clearly, without being boring or confusing. I always feel happy after her classes."

"Annie is so upbeat and cheerful, with a soothing and encouraging voice! I always look forward to her Pilates sessions and really recommend her to anyone looking for an awesome Pilates class."

"I had the best time, genuinely amazing time learning a lot about myself and life. I definitely am coming back on one of these retreats with you again".

"Annie has the incredible ability to welcome people from all walks of life and take them through a journey of healing and self-discovery, which feels simultaneously personal yet very much shared with the other souls on your trip".

"This was my second retreat with Annie and all I can say is... there's a reason I returned! Annie is so great at what she does, and this particularly shines through on her retreats".

Secure your spot

[BOOK HERE](#)

Get in touch

hello@joyinmovement.com

