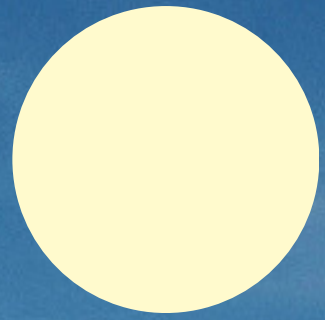


Pilates & Surf

**SRI LANKA RETREAT
INFO PACK**



AYUBOWAN



APRIL 25 -
MAY 2

Welcome to your week long vacay in tropical SRI LANKA!

Palm fringed beaches, surf at your doorstep, coconuts for breakfast. This is your 7 night dream escape in tropical Sri Lanka! Harmonizing movement, mindfulness, and the magic of the ocean. Nestled in the coastal paradise of Ahangama, on Sri Lanka's south coast, this retreat blends energizing Pilates sessions, guided surf lessons and coaching, and moments of pure relaxation.

LOCATION AND DATES

- Location: Casa Tikiri, Ahangama
- Address: Kabalana Rd, Ahangama 80650, Sri Lanka [[Google Map here](#)].
- Direct Phone: (+94) 0 78 958 0908 (Alice)
- Retreat Host: Jenna +61 422 355 410
- Dates: April 25th - May 2nd, 2027
- Check-in: From 2pm
- Check-out: 10am

About Casa Tikiri

A boutique hotel in Ahangama



Located near the best surf spots and historical sites like Galle, Casa Tikiri is a vibrant surf haven designed for connection, adventure, and barefoot living. From sunrise surf sessions to sunset by the pool, this is where your retreat magic begins. The venue spans two properties just 500m apart — the Boutique Hotel and the Paddy Lodge — with a café/restaurant, pool, yoga/Pilates shala, and solid wifi (if you need it!).

Please note: due to bedding configurations, shared rooms come with one king bed rather than two singles.

ROOM OPTIONS

King Studio - private room featuring King Bed, organic cotton sheets, A/C, Wifi and private bathroom with rainforest shower, plus a light filled patio. Located at the Boutique Hotel.

Early Bird \$3,450 (save \$200)

King Bedroom Suite - overlooking the pool, featuring King Bed, organic cotton sheets, A/C, Wifi and private bathroom with rainforest shower, plus a private verandah. Located at the Boutique Hotel.

Early Bird \$3,600 private / \$2,650 shared (save \$200)

Split Level King Suite - located at the Paddy Lodge, split across two levels featuring its own private pool overlooking the rice fields. Ground floor: a lounge that opens to the pool. Upper floor: bedroom with King bed, organic cotton sheets and ensuite bathroom, open to the sky.

Early Bird \$3,750 private / \$3,000 shared (save \$200)



Travel Info

GETTING HERE

You'll need to fly into (and out of) Bandaranaike International Airport (CMB). There are direct flights offered from Sydney and Melbourne, and connecting flights from Gold Coast and Brisbane.

Most flights arrive late in the evening, so please allow an overnight stay on the 24th April - here are some recommended hotel options.

- SPICEPEEK BOUTIQUE, NEGOMBO
- JETWING BLUE, NEGOMBO

Getting to Casa Tikiri: Your transfer service is included, please advise which hotel you've booked and we will arrange our driver to pick you up from your nominated hotel between 10am - 12pm on April 25th. It's a roughly 2 hour drive south to Casa Tikiri.

VISA REQUIREMENTS

You need a Tourist visa for entry to Sri Lanka - the best way is to apply before you go and grab one online, which you can do here. It only takes a few minutes, costs \$60 USD and needs to be done at least 48 hours prior to travel. Screen shot a copy of the approval on your phone so it's easy to pull out when you arrive in Sri Lanka.

MONEY

The currency in Sri Lanka is Sri Lankan rupees (LKR), and US Dollars are also widely accepted. \$1 AUD can range from 190 - 200 rupees but check rates before you travel so you know what to expect. ATM's are available most towns, and credit cards are accepted in all hotels and many restaurants and cafes.

LANGUAGE

Sinhalese is the primary language, Tamil and English. The staff at Casa Tikiri all speak English and love nothing more than a friendly chat.



Inclusions

- 7 nights, 8 days stay at Casa Tikiri
- Daily breakfast & dinner
- Daily Surf Sessions (2 x with video analysis)
- Surf Guiding, On land and In-water coaching
- Daily Pilates / Yin / Stretch Sessions
- Full Body Massage
- Sri Lankan Cooking Class + recipes to take home
- Final night cocktails
- Transfer to Dreamsea on 26th April
- Goodie bag
- Some damn good “me” time

What you'll need to cover/arrange:

- Flights
- Tourist Visa
- Lunches
- Travel Insurance
- Alcohol
- Return transfer to Colombo



Example Itinerary

Every day will be **flexible**, but here's an idea



Below is an example day on our Pilates & Surf Retreat, all optional and at your discretion - don't feel like heading out? No worries - stay by the pool and enjoy a drink! We will also be flexible in relation to the weather and surf conditions - generally off-shore wind is ideal in the mornings, so we prioritise surfing.

6.30am - Light snack + Stretch / Warm Up

7.30am - Surf Lesson / Session

9.45am - Breakfast

11am - Free time / Massage Treatment / Excursion

4.30pm - Pilates or Restorative Yoga

5.45pm - Surf Video review / group hang and chat

6.45pm - Dinner

*Note: this is an example day only! Your full schedule will be provided closer to arrival xox

Additional Options + Extras :

Casa Tikiri to Airport Transfer - \$120 AUD (for 1x vehicle, not per person)

Udawalawe Elephant Safari - cost varies based on group size

Batik Making Workshop - \$55 AUD per person

Packing List

I love a list, and even though it may seem obvious - a check list for what to bring can be helpful and ensure you don't forget anything!

Passport! Ensuring more than 6 months validity

Tourist Visa

Electronic copies of flight tickets and ID

Comfortable activewear for Pilates / Movement classes

Surfboard/s, leash and warm water wax

Sandals / Crocs / Thongs

Swimwear

Sunscreen and zinc

Surf hat

Sunglasses

Reusable water bottle

Casual clothes for downtime, plus warmer clothing for evenings

Fun / Party outfit (no heels though - we are on sand!)

Medications

Toiletries including mosquito repellent

A good book / kindle

International adaptor (Type D or G plugs)

Phone + charger (and power bank)

PRE-CONSULTATION

We will email you a pre-consultation form so that we can get to know you a little better before we see you. This will cover things like dietary requirements, arrival details and other information - please ensure these are filled out no less than 7 days before our retreat begins :)

VACCINATIONS

Travel vaccinations typically recommended are Hepatitis A, Hepatitis B and Typhoid, as well as ensuring your Diphtheria, Tetanus and Pertussis vaccine is up to date. We recommend you consult a GP prior to travel to ensure all necessary vaccinations are up-to-date.

A vertical photograph on the left side of the page shows a person climbing a very tall palm tree. The person is positioned about one-third of the way up the trunk, facing away from the camera. The palm fronds are green and spread out at the top. The sky is a clear, bright blue.

T & C's

BOOKINGS & PAYMENTS

- A non-refundable deposit of AUD \$500 is required to secure your place.
- The remaining balance must be paid no later than February 25th / or 60 days prior to the retreat start date.
- Bookings are only confirmed once the deposit is received.
- Payment can be made via bank transfer / credit card

CANCELLATIONS & REFUNDS

- Your deposit of \$500 secures your place on the retreat.
- If cancellation is made more than 90 days prior to the retreat start date, the deposit amount may be refunded (less any transaction or administrative fees).
- If cancellation is made between 90 and 60 days prior to the retreat start date, the deposit will be non-refundable, but any additional payments made may be partially refunded.
- If cancellation is made within 60 days of the retreat start date, no refunds will be issued.
- You may transfer your booking to another person with prior approval from the retreat manager.
- If the retreat is cancelled by the organiser due to unforeseen circumstances (e.g. natural disasters, border closures, minimum numbers not met), participants will receive a refund or credit for a future retreat.)

TRAVEL INSURANCE + ARRANGEMENTS

- Comprehensive travel insurance is mandatory for all participants.
- Insurance must cover medical emergencies, cancellations, lost luggage, and COVID-related disruptions.
- Jenna Kruiskamp or Casa Tikiri is not liable for injury, loss, damage, accident, delay or other irregularity that may occur during the retreat or associated travel.
- Airport transfers are provided at specific times; guests arriving outside these times are responsible for their own transport to the retreat venue.

You're all set to retreat with us



Stay Connected

Contact Jenna +61 422 355 410

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