

An aerial photograph of a tropical coastline in Sri Lanka. The image shows a sandy beach bordered by a dense forest of palm trees. The ocean is a vibrant turquoise color, with white waves breaking near the shore. Numerous people are seen in the water, some on surfboards, enjoying the waves. The sky is a clear, deep blue.

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
SRI LANKA 2026

HELLOOOO PARADISE!

Ayubowan! 🇱🇰🌴🚗🏠

We're so excited for a week of adventure, connection + movement in Sri Lanka.

This guide has everything you need to know – where you are going, what to pack, and what to expect.

Let's get you prepped for a week of sun, sweat, and stunning views!



GET SET FOR ADVENTURE

This retreat isn't just about relaxation, it's your launchpad for adventure, connection, and movement!

Step into the wild and experience nature like never before.

Set off on a breathtaking safari through Udawalawe National Park in an open-air Jeep, where sweeping landscapes and abundant wildlife await.

From majestic elephants to wild boars and mugger crocodiles, this diverse ecosystem offers a once-in-a-lifetime glimpse into Sri Lanka's rich natural heritage.

Ride the waves with a guided surf lesson tailored to your level and tour the abundance of nearby beaches.



Back at the resort, enjoy a dip in the ocean and daily classes with a backdrop of stunning views.

Sweat it out, make new like-minded friends and take time to slow down.

Reconnect and soak in the picturesque surroundings of Talalla Retreat resort.

UPSTATE

GET SET FOR ADVENTURE

Practise all your favourite Upstate class styles – Reformer Pilates, Mat Pilates, Power Flow and Yin Yoga– all led by our experienced Upstate instructors.

Every class is optional, so you can fully tailor your retreat to what your body and mind need most.

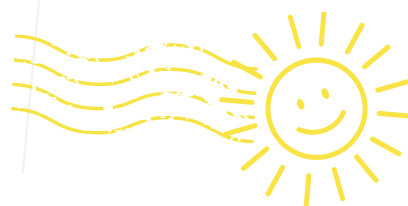
Feel empowered, connect with good vibes, and uncover your inner calm. This is your time to move, explore, recharge and make it unforgettable!



A PEACEFUL OASIS



Welcome to your home
for the week - Talalla
Retreat, a laid-back
wellness resort
boasting captivating
beachside jungle vibes
in Southern Sri Lanka
and known for its
friendly atmosphere.



THE RESORT

This retreat space is purpose-built for restoration and expansion.

With a fully equipped ocean-view Reformer Pilates studio and several open-air mat spaces, you'll move mindfully surrounded by nature far from life's usual distractions.

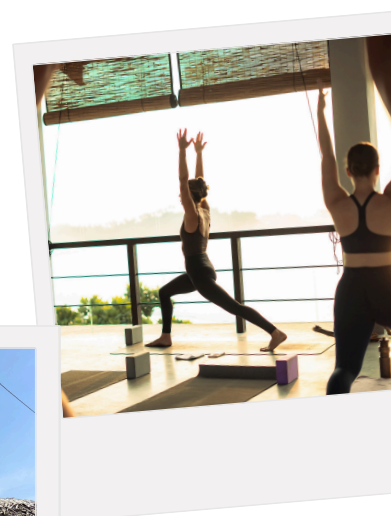
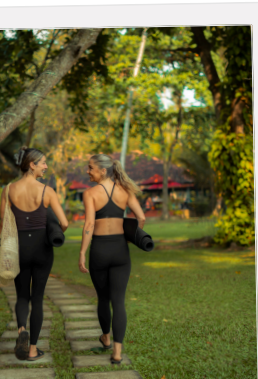
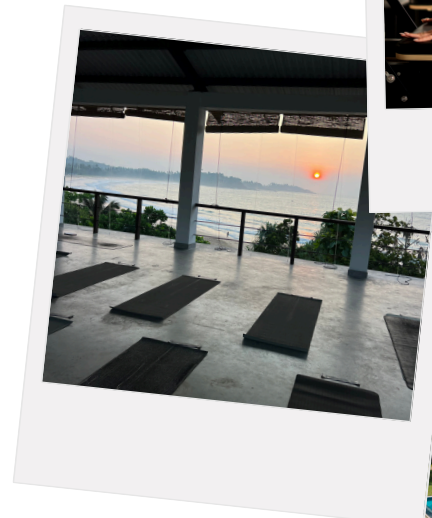
Treat yourself with an array of on-site spa therapies - think soothing Ayurvedic massages and nourishing body scrubs.

There's a newly built bath-house space to enhance recovery, and an inviting palm tree-surrounded pool.

Indulge in local dishes at the restaurant, watch the sunrise from the beach and soak in the surroundings.

In between classes and rest time, hop in a Tuk Tuk to local beaches, temples and nearby sights and cities, or head out to explore the area's colonial history and rich culture.

Whether you're seeking connection, adventure, or relaxation, you'll find the ultimate balance right here.



SAMPLE DAY



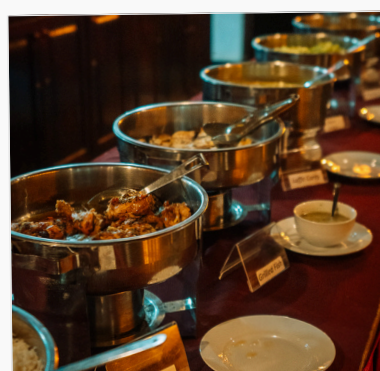
6:30AM
REFORMER PILATES



8:30AM
BREAKFAST



10:15AM
POWER FLOW OR MAT PILATES



1:00PM
LUNCH



5:15PM
YIN



6:30PM
DINNER

PRICES + ROOMS



We'll be staying in Tallala Retreat's newly built Sea-View Villas, which feature authentic Sri Lankan furniture, fabrics, and air conditioning. Located just meters from the beach, walk out of your room and straight down to the quiet, stunning Talalla Beach. The open-air bathrooms allow natural light and provide views of the coconut palms.

All rooms feature the following amenities:

- Open air bathroom
- Safe provided
- Desk Space
- Wifi
- Air conditioning
- Ocean views
- Private balcony
- Mosquito nets

Check in on arrival day: 2pm

Check out on departure day: 12pm

Retreat starts with dinner on arrival day and ends after breakfast on departure day.

NOTE

EARLY BIRD ends: March 10th 2026
Book with a friend and save \$100 each!

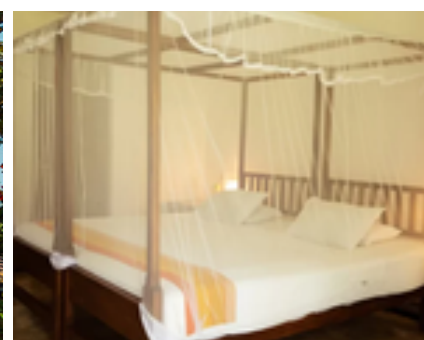
UPDATE

PRICES + ROOMS



SEA VIEW VILLA W/ AC SINGLE

Early Bird \$2750, Full Price \$3050



SEA VIEW VILLA W/ AC TWIN SHARE

Early Bird \$2450, Full Price \$2750

PAYMENT DETAILS

SECURE YOUR SPOT!

To lock in your place (and those beachside jungle vibes), a \$700 deposit is required.

- You'll receive an invoice with payment details after you have registered.
- The deposit is non-refundable and must be paid within 7 days of receiving your invoice.

HOW TO PAY

We accept both credit cards and bank transfers. More details on your invoice!

REMAINING BALANCE

- 50% due 90 days before the retreat start date.
- Final balance due 60 days before the retreat start date.
- Full T&Cs here: [Retreat Terms & Conditions](#)

Let us know if you have any questions—we're here to help!



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Bug spray (just in case)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for safari & exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

- 6 Nights Accommodation
- Daily classes
- All Meals (+ a daily smoothie!)
- Safari Excursion
- Surf Lesson
- Bathhouse Visit

WHAT'S NOT INCLUDED

- Airfares
- Airport Transfers
- Travel + Medical Insurance
- Spa and Detox treatments
- Additional Food and Drink outside of set meals
- Additional Excursions

TRANSFERS

Airport transfers can be shared

- \$110 USD (1-5 pax) Car
- \$150 USD (6-10 pax) Van
- \$210 USD (10-20pax) Bus

STAY CONNECTED

We'll set up a WhatsApp group closer to the retreat so we can coordinate, share tips and hype each other up!

FAQ'S

HOW DO I SECURE MY SPOT?

Register and once we have received your deposit, your spot is secured! We can only hold your place for 7 days without a deposit so please plan accordingly.

DO I NEED TO HAVE A REGULAR YOGA/ PILATES PRACTICE OR FITNESS REGIME TO ATTEND?

Our Upstate teachers are experts in delivering classes with plenty of modifications, so no matter your experience level, you will be able to enjoy the feeling of moving with the group. Classes are also completely optional. So if you do decide that a book by the pool or a rest in your peaceful bedroom is what's calling you most, go for it!

I HAVE SPECIAL DIETARY REQUIREMENTS. CAN THAT BE ACCOMMODATED?

Of course! We will cater to all your food requirements. You can relax knowing your special requirements will be taken care of. Please let us know in advance of any dietary requests.

ARE FLIGHTS INCLUDED IN THE RETREAT PRICE?

Flights are not included in the price. Guests are responsible for booking their own flights.

HOW DO I GET TO THE RETREAT FROM THE AIRPORT?

Upstate private transport is available upon request.

WHAT IF I NEED TO CANCEL? WILL I GET MY MONEY BACK?

If you cancel 90 days or more prior to the retreat, you receive the full amount paid with exclusion of the non-refundable \$500 deposit.

If you cancel 60-31 days or less prior to the retreat, you will forfeit 50% of all payments made towards the retreat.

We cannot offer refunds for cancellations within 30 days of the retreat.

CAN I BOOK WITH FRIENDS?

Yes! Let us know you'd like the shared room option together and we can make it happen.

FAQ'S

CAN I COME SOLO?

Absolutely! Coming solo to a retreat is an awesome way to dive deep into self-care and meet some new like-minded people.

CAN I STILL GET A SPOT IF IT'S SOLD OUT?

Join the waitlist by contacting us, and be the first to know if a spot does become available!

DO I HAVE TO BE AN UPSTATE MEMBER TO ATTEND?

Nope! All are welcome.

WHAT IS THE AGE RANGE OF ATTENDEES?

We welcome all ages 18+ to attend and enjoy retreats.



**GET
ON
UP**