

JOY - Retreat

SRI LANKA

28/11/2026 - 4/12/2026



Art by  
Caro

# Journey Of Yoga & Art by Caro present:

- ☀️ 7 days / 6 nights in Ahangama, Sri Lanka;
- ☀️ Stay at Villa Noumi, a beautiful villa only 5 minutes away from the beach;
- ☀️ Focus on yoga & pilates, creativity and your well-being with a taste of Sri Lanka culture & curries;
- ☀️ An escape from the European winter;
- ☀️ Meeting like-minded people and leaving as friends;
- ☀️ Full JOY experience with accommodation starting from €1.250.



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# LET US BRING YOU IN A STATE OF FLOW



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# Our intention:

We will offer you a week of exploration , inspiration and relaxation. Your healthy getaway from the cold winter days.

A week where your soul will be pampered and your mind takes a break. You will feel what is good for you. We will be your guides on this journey of JOY.



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Villa Noumi will be our home during this upcoming week — a place where your soul will be pampered and your mind can take a break.



A photograph of two women sitting on a sandy beach. They are positioned under two thatched umbrellas made of dried palm fronds. The woman on the left is sitting on a blue patterned towel, wearing sunglasses and has a tattoo on her left arm. The woman on the right is sitting on a striped towel, wearing a black bikini top, and is holding a coconut drink with a straw. They are both looking at each other and smiling. In the background, the ocean waves are breaking on the shore, and a person is visible swimming in the water. The sky is clear and blue.

The retreat takes place in the surf town of Ahangama, on the south coast of Sri Lanka.

A small, relaxed town where yoga, good food, art and surf come together.

Morning swims, palm trees, coconut coffee and sunsets by the ocean —

What more do we need?



With the best local food: curries, fresh fish BBQs, and healthy coconut snacks & drinks.

You'll reconnect with what feels good for you, while nourishing your body every day.



And a touch of surfing,  
with gentle waves for every level.



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# Who is who?

## **COLOR UP OUR LIFE - Art by Caro**

Caro, an artist who recently moved to Spain to live “la vida simple”. She loves exploring, creating, and spreading her colorful vibe.

You’ll feel this energy in her unique art projects and throughout the week during playful, creative workshops full of color, paint, and flow.





# Who is who?

## **Lauren - JOURNEY OF YOGA**

Lauren, founder of Journey of Yoga and JOY studio. Your pilates & yoga teacher.

She guides people to find balance between stillness and movement, while keeping her classes accessible for all ages and levels — with a smile and uplifting music along the way.

# What a day could look like?



## MORNING

Coffee, tea and a snack at the pool;  
Early morning meditation;  
Morning yoga;  
Brunch.

## AFTERNOON

You - time (reading, coloring, etc);  
Yoga / creative workshop;  
You - time (shopping, swimming, etc);



## EVENING

Sunset yoga (restorative or yin);  
Dinner;  
You - time or being creative together.



Feel like joining us?

## Prices & rooms:

Pool View room (2 pax)	€1.515
Garden View room (2 pax)	€1.515
Apartment upstairs (4 pax)	€1.385
Outside shower room (4 pax)	€1.250

All rooms have a private bathroom & aircondition.  
Price includes: a generous Sri Lankan breakfast\*, daily yoga or pilates class, yoga & creative workshops and the materials, 1 surf initiation & 2 outdoor activities (surprise).

\*Sri Lankan cuisine is too good to miss. That's why we choose to explore local restaurants together for lunch or/and dinner.

# Practical information:

- ☀️ Fly from Brussels Airport or Amsterdam Schiphol to Colombo Airport.
- ☀️ We support you in arranging a transfer to our location.
- ☀️ Come alone (we'll help match you up with the right roomie), or join as friends or partners!
- ☀️ Perfect if you'd like to extend your trip — Sri Lanka has so much to discover and is incredibly travel-friendly.
- ☀️ More questions? Set up a call with one of us — we'd love to talk you through everything!



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& the best thing of all? You go home with a new group of friends!



# Reviews:



This was my second retreat with Lauren & Caro. They complement each other beautifully and naturally create such a warm, welcoming community. Sri Lanka is a bit further to travel, but that's exactly what makes it so special: sunshine, a totally different setting, and the feeling of truly being away. Traveling solo (or sharing the journey with someone you didn't know beforehand) gave me a real confidence boost. The location was amazing – a beautiful villa with a pool, lovely rooms, delicious food, and plenty of space for both connection and me-time. And most of all: meeting people you'll carry with you for life. A true experience to cherish.

The retreat organized by Lauren and Caro was the perfect mix of fun activities – some of which I had never done before – meaningful connection with other powerful women, and plenty of rest in the beautiful villa in a super lovely little town. I'm so happy and grateful I gave myself this retreat, because it's truly true: you rediscover a little part of yourself again.

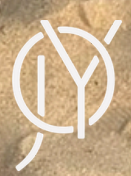


After an intense period, this Pilates & yoga retreat in Sri Lanka was exactly what I needed. From day one, I felt calm in both my mind and body: everything was taken care of, and I could simply be. The daily yoga, Pilates, and reformer classes made me feel stronger and more energized, and the healthy food truly nourished me from the inside out. The nature and atmosphere – and especially the non-judgment women's group – made it so special, with so much connection and support. I came home with a calm mind, a strong body, and an open heart.

We are totally ready for it...  
Are you?



  
ADRA



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