



YOGA MENU



Yoga for Wellbeing - Group Session | 7:00 - 8:00 AM

Classical Yoga and meditation, soothing for the body and mind. Does not require any prior experience. All are welcome. Age 7+. Empty stomach condition.

Venue: Yoga Pavilion

Price: 12 USD per adult / Children below 18 years complimentary

Yoga for Peace - Group Session | 5:00 - 6:00 PM

Classical Yoga, guided meditation and Pranayam to bring balance to body and mind. Does not require any prior experience. All are welcome. Age 7+. Light stomach condition.

Venue: Yoga Pavilion

Price: 12 USD per adult / Children below 18 years complimentary

Children Yoga & Games - Group Session | 30 min

Simple yoga practices followed by fun and engaging games. Age 3 – 12. Light stomach condition. Timings as per availability.

Venue: Yoga Pavilion or Pool Area

Complimentary

Family Yoga - Private Session | 45 min

Create a unique family Yoga and meditation experience, engaging for both children and adults. Intensity and type of practice can be adjusted to every family's needs. Light or empty stomach condition. Up to a family of 6.

Venue: Yoga Pavilion

Price: 40 USD

Private Yoga Session | 90 min

Yoga and meditation practices will be designed to fit your individual needs. Empty or light stomach condition.

Location: Yoga Pavilion

Price: 50 USD

Guidelines

Empty stomach condition means 4 hours after a meal, 2.5 hours after a snack, 1.5 hours after a beverage. Water is ok at anytime.

Light stomach condition means 2.5 hours after a meal, 1.5 hours after a snack.

Loose and comfortable clothing recommended.

The Yoga Pavilion is located the far end of the property towards the Sigiriya Rock.

About Rikki

Rikard 'Rikki' has been an ardent practitioner of Yoga for nearly a decade and in 2021 he underwent the Hatha Yoga Teacher training at the Isha Yoga Center in southern India. He has since been teaching in Europe and India. Here at Water Garden Sigiriya he hopes to spread the tools of wellbeing to more people. The practices that are being taught here are all structured by the renowned and internationally known mystic Sadhguru.

"We teach Hatha Yoga as a transformative process. The transformation will not only be on the level of your body but in the way you are." - Sadhguru

 For any questions contact Rikki. Whatsapp: +94 74 197 3587