



U Y A N A

# UYANA Meditation-Retreat & Training in Sri Lanka

Join Andreas for a 10-day  
Meditation Retreat & Training



In this unique retreat you will explore and learn different meditation techniques from different regions of the world and experience how your nervous system comes to rest. Meditation relaxes you, helps you cope with anxiety, enhances your positive emotions, trains your memory and sharpens your attention and perception.

We teach meditation and mindfulness religion-free.

In addition to various meditation techniques, we place great emphasis on mindfulness. When eating, when walking, when dealing with yourself and your environment for more focus in life and a closer connection with yourself and your environment.



## ANDREAS



I am Andreas from Switzerland, certified meditation therapist, mindfulness coach and conscious breath healing facilitator. I was trained in Zurich, Rishikesh and Arambol by various teachers. Meditation has arrived in our world a long time ago and is no longer reserved for monks and similar spiritual people. Personally, I have been working with meditation, mindfulness and breath healing for a long time.

My center of life is currently Sri Lanka. There I lead meditation and mindfulness retreats in my magical and luxurious boutique resort «UYANA» in the midst of nature yet close to the beach and trendy town of Ahangama, on the south coast of Sri Lanka.

In my regular sabbaticals in Europe, I remembered a quote from one of my master «Dev Om». «Don't seek followers, train masters so that they can then train masters again».

I have taken this quote to heart and developed a **«Meditation Retreat & Training»** which my guests can complete with a certificate of Ho'onalu Meditation and Mindfulness Teacher.

For this purpose, I have gathered all my knowledge from various masters. My practice in meditation, mindfulness and breath healing as well as my successful activity in building and conducting various retreats.





## WHO ARE YOU?

You are open for new things.

or

You are interested in meditation and you want to deepen your knowledge.

or

You are expanding your personal horizon.

or

You are a yogi and you consolidate your knowledge in the field of meditation and integrate meditation in your courses.

or

You develop yourself further with like-minded people.

or

You give meaning to your life.

or

You want to offer workshops, courses or retreats in the field of meditation and mindfulness in the future.

or

You are curious.

or

You are just you and want to relax.

## DO YOU NEED ANY PRIOR KNOWLEDGE?

No, you do not need any previous knowledge. I start with the basics, so all participants are equally welcome. Whether with or without previous knowledge.

These 10 days and about 80 to 100 hours «**Meditation Retreat & Training**» is for non-meditators, meditation beginners and / or advanced meditators and is basically structured as a retreat. Rest is an essential part of this retreat & training.

I have developed this retreat and training based on love, mindfulness, equality, peace, joy, humility and rest.



# UYANA

## WHAT CAN YOU EXPECT IN ADDITION AND IS ALREADY INCLUDED IN THE PRICE

- One evening of Kundalini Gong Sound Healing Meditation.
- One evening of Yoga Nidra Meditation and Introduction to Hypnosis Meditation.
- Three evenings of Breath Healing Meditation.
- One visit to the Buddhist Temple where we meditate together.
- Blessing and talk by/with a monk, if desired.
- Altar building and decoration. Puja.
- Two Ayurvedic massages.
- Three meals a day (vegetarian or vegan).
- Very luxurious room and hotel.
- 25-meter infinity pool.
- 5000 m2 garden to retreat and meditate.
- Smallest groups (not bigger than 8 persons).
- Much privacy.
- If desired final thesis and  
Ho'onalu Meditation and Mindfulness Teacher certificate.

## Dates 2023/2024

- 02.10.2023 (Arrival) - 12.10.2023 (Departure)
- 23.10.2023 (Arrival) - 02.11.2023 (Departure)
- 25.03.2024 (Arrival) - 04.04.2024 (Departure)
- 22.04.2024 (Arrival) - 02.05.2024 (Departure)
- 27.05.2024 (Arrival) - 06.06.2024 (Departure)

### **Rates:**

Double occupancy suite with king size bed € 1'700 per person for 10 nights.  
Single occupancy suite with king size bed € 2'350 per person for 10 nights.

Double occupancy Suite Twin, two single beds € 1'600 per person for 10 nights.  
Single occupancy Suite Twin, two single beds € 2'250 per person for 10 nights.



## Payment information

To secure your place, we would be grateful if you would pay in advance (the booking window closes two months before the start of each course) a deposit of 50% of the total amount per person for 10 nights. The remaining 50% must be paid at least 21 days before arrival.

***Cancellation policy:***

If the training is not carried out by the organizer. The full amount already paid will be refunded. Additional compensation will be waived by the organizer.

If the participant has to cancel his place and informs the organizer later than two months before the 50% deposit will be fully refunded by the organizer. Less any currency differences and credit card charges.

If the participant has to cancel his place and informs the organizer later than two months before the arrival and the organizer cannot assign the place otherwise at short notice, the claim to the payments already made will be forfeited.

If no payment of the second 50% is made at the latest 21 days before arrival, the claim for a place expires and the first partial payment is not refunded.

**After you have received the confirmation for one of the few available places, we ask you kindly to transfer the first 50% to our account at DKB in German:**

DKB (Deutsche Kreditbank AG), 10919 Berlin BIC DKB: BYLADEM1001

Andreas Gloor, Gurukanda, Kathaluwa, Ahangama – Sri Lanka

**IBAN DE10120300001064091505**

Please note: On the first day of arrival, there will be no training. Dinner, light lunch, welcome fruit and juices are included in the price. On the day of departure, there will be no training. Breakfast and light lunch are included.

Classes are held in English and/or German

We offer these trainings for a small, interested group of participants. Places are allocated after payment has been received. The retreat and training are held for a minimum of four people. The maximum number of participants is limited to 8.

It is possible to book an extension week after or before the retreat for a maximum of 7 nights or extension days at UYANA at discounted rates. Subject to availability.

Suite with king size bed € 97 per night per room without meals.

Suite Twin with two single beds € 89 per night and room without meals.

Andreas will be happy to inform you personally about the availability.



U Y A N A

## CONTACT



For further information please contact the organizer of the event in Sri Lanka:

Andreas Gloor  
+94 76 447 43 96  
(WhatsApp und Telefonanrufe)

(Email and Website)  
uyana.info@gmail.com  
[www.uyana.lk](http://www.uyana.lk)

(Instagram)  
@uyanalk  
@uyanalk\_retreats  
@meditator\_andreas

