



Movement Shala Retreat

3rd - 7th Dec 2025

Nurture your body, center your mind
with nature, with your breath & with yourself



**Rukgala Retreat
Sri Lanka**



Meet Your Host – Sunpreet

Sunpreet is a self taught movement coach. His main areas of coaching are full body awareness, mobility, active flexibility, handstands and soft acrobatics. Sunpreet incorporates fun games and strength exercises to his inversion classes.





Meet Your Host – Shradha

Shradha holds Level 3 authorization in Ashtanga and Hatha Yoga. She is a certified specialist in prenatal and postnatal yoga. She incorporates various styles of breath control and Pranayama in her classes. Her classes create a fun community of like-minded individuals who support and encourage each other in their wellness goals.





Handstand Session

Balance, strength, and playful inversions.

Turning perspectives upside down to build focus and resilience.





Slackline

Walking the line between balance and flow.
Cultivating presence, patience, and playful steadiness.





Yoga and Pranayama

Grounding movement and breathwork

Energizing mornings and meditative evenings to
ground and guide you to stillness





Acro Yoga

Trust, connection, and strength in motion.

Blending balance and harmony to lift each other higher.





Rukgala Retreat

Island Essence & Whispering Palms

A soulful stay where comfort meets tranquility, designed to ground, rejuvenate, and inspire.





Retreat pricing

Early Bird Offer – ₹85,000 (valid till 24th Oct)

Standard Price – ₹95,000 (after 24th Oct)

Non Refundable after 10th Nov

5days/4nights
3rd - 7th DEC 2025



Whats is included

- All the session
- Nourishing Meals
- Stay (Twin Sharing)
- Transportation from Airport to location

Whats Excluded

- Flights Tickets
- Personal expenses.



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Reach out to book your spot now

Contact us on +91 8595146962/ +91 9958737949

DM us on @yogalabshradha or @sunpreet_sing



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