ÔM

Sri Lanka

Retreat

SURF THROUGH THE CHAKRAS



Meet your Teacher
Gilles Polet

Gilles started his yoga journey at 18 years old, studying at the Northern School of Contemporary Dance in Leeds, UK. Continuing his studies at the Performing Arts Research and Training Studios in Brussels, he was given daily yoga classes and the chance to study Iyengar, Ashtanga, Hatha, and Vinyasa. It was also then that he began a Pilates instructor training, receiving his Balanced Body Pilates Instructor certificate in 2008. He's been teaching Pilates ever since, and joined Studio Ôm as a Pilates teacher since its opening.

This was the moment he wanted to expand his yoga practice, completing two online teacher training courses: Foundational Yoga Teacher Training with Jason Crandell, and Tantra Yoga with Rod Stryker. He then added Vinyasa and Hatha yoga to his teaching curriculum at Studio Ôm.

Since 2018, Gilles has also taught at different yoga studios and retreats, giving classes and workshops in Brussels, Berlin, Antalya, Hong Kong, Mexico City, Sao Paulo, and Sri Lanka.

As a professional performing artist and yoga teacher, Gilles has developed his classes with a unique sequencing
that helps his students not only self regulate, but also gives them keys to reach their highest potential.

Your Retreat Villa



Our yoga retreat takes place at Villa Noumi, a peaceful space in Sri Lanka where nature, comfort, and connection come together.

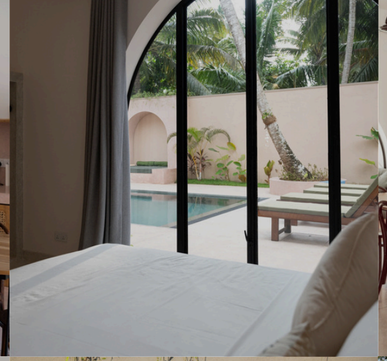
Surrounded by the beauty of the island, the villa offers a calm environment to step away from everyday routines and create space for movement, rest, and reflection. The relaxed atmosphere makes it easy to slow down, spend time outdoors, enjoy nourishing meals, and connect with yourself and others.

The villas provide a warm and intimate setting for our retreat, with spaces to practise yoga, unwind, share experiences, and simply enjoy being present. Away from the noise and demands of daily life, this is a place to breathe deeply, recharge, and reconnect with what feels important.

During our time at Villa Noumi, we invite you to settle into the rhythm of the island, beginning the day with movement and mindfulness, enjoying moments of stillness, and ending the day surrounded by nature and good company.

A space to pause. To breathe. To move. To reconnect.









Villa Noumi















Body wash
Shampoo





What is it about?

A transformational yoga immersion for all level yogis, beginner to advanced, blending the depth of a daily practice with the nourishment and joy of a Sri Lanka retreat. Escape to our stunning sanctuary, where the warm rhythms of the Indian Ocean, lush jungle, golden beaches, and vibrant sunsets offer a rare chance to disconnect from the noise and reconnect with your inner landscape.

Hosted by Studio Ôm teacher Gilles, at the beautiful Villa Noumi of his brother Nicolas, this immersive experience guides you through the chakras with no distractions beyond the crash of Sri Lanka's waves and the stillness of its tropical coastline, exploring the energetic layers of your being through ancient wisdom, mindful practice, and the exhilarating freedom of surfing and Sri Lankan wild live.

Each day we discover two expressions of flow: the inner flow that rises through the chakras during meditation and yoga, with one chakra as the focus each day, and the outer flow of riding waves, cultivating balance, strength, and presence.

Through a blend of movement, yoga, chakra focused meditation, and delicious freshly prepared meals, you'll gain practical tools to navigate stress, uncertainty, and the pressures of modern life, releasing fear and stagnation to make room for clarity, vitality, and connection.

As the tropical sun melts into the horizon each evening, feel that heaviness dissolve into a profound sense of peace and renewal, on a journey with Gilles and Nicolas to rediscover your inner balance, your power, and your limitless potential.

Daily Program

We recognise this is your well deserved break, so relax or explore as you wish. All sessions are optional. Whether you prefer to sleep in, chill by the pool, or go out and enjoy your holiday your way, we fully support you. Every day focuses on one of the seven chakras, energy centres in the body, starting with the Root and culminating in the Crown. The practices, activities, and meals each reflect the chakra we are working with that day. Each day we will also do a manifestation meditation through the chakras working in the opposite direction (from Crown to Root chakra), helping you to bring your desires and goals into physical reality.

Here's a quick overview of the daily rhythm:

7.00 Wake up with a healthy fresh squeezed juice in theme with the chakra of the day. Tea, coffee, curd and seeds are also available.

8.00 Energizing morning practice physically introducing the chakra of the day.

10.00 Lucious morning brunch, sweet and savory options available.

11.00 Free time with possibility to participate in optional activities on offer.

17.00 Relaxing practice deepening a physical understanding of the chakra of the day finishing with a chakra manifestation meditation.

19.00 Chakra inspired dinner.

20.30 Evening chill free time.

What's Included



- 8 nights in a stunning private villa with a pool
- Nourishing daily breakfast and dinner prepared with local fresh ingredients
- 2 daily yoga classes - energizing sunrise flow and restorative sunset sessions
- 1 guided daily manifestation meditation
- A variety of practices and yoga styles including Hatha, Vinyasa, Pilates and meditation
- 1 private massage session
- 1 surfing initiation with qualified instructor
- 1 group transport from airport to the villa and back
- Delicious BBQ dinner at the villa
- Plenty of free time to relax, unwind and explore Sri Lanka at your own pace
- Full support and guidance from the retreat hosts throughout the week
- A goodie tote bag from studio Ôm and local brands























What’s Excluded

- Flights to and from Sri Lanka
- Travel insurance
- Visa fees
- Personal expenses
- Additional food and drinks outside the retreat meals
- Optional activities outside the retreat itinerary

Travelling by plane is the most convenient option. The nearest airport is Colombo Bandaranaike International Airport (BIA). **Transfer to and from the airport is arranged for the group and included in the package.** You are welcome to find your own way to the villa, but at your own cost.











Arrival and Departure

Arrival day: ideally you arrive on Thursday, April 15. We will be there to greet you, with transport arranged for the group from the airport to Villa Noumi at the most convenient time for all. You are also welcome to come to the property at any time, on your own terms. There will be an optional grounding practice in the evening, and we will have dinner together. If you arrive later and cannot attend this session, that's perfectly fine.

First official session: Friday morning, April 16.

Early arrival and extended stay: if you choose to arrive early or stay longer on the island, you can arrange your own accommodation nearby. There are plenty of options available.

Departure day: our retreat concludes with a morning brunch on the last day, Thursday April 22, and a final integration meditation. Then we say our goodbyes. Check out is at 11 AM.

Attractions and Sights



Surfing Paradise
Villa Noumi is surrounded by a host of surf spots, with the closest one just 500 meters away, or a 7 minute walk. Kabalana in particular is a surfing haven, perfect for riding the waves and building sandcastles with your kids. The initial part of the ocean is shallow, making it an excellent beach for safe swimming with your little ones.



Discover Galle Fort
For those seeking a historical and cultural excursion, the iconic Galle Fort is just a 30 minute drive away. Explore this UNESCO World Heritage Site, with its colonial architecture, charming streets, and fascinating history, making it a perfect day trip from Villa Noumi.



Ayurvedic massage
Sri Lankan Ayurvedic massage is a traditional healing practice that uses warm herbal oils and rhythmic strokes to balance the body's energies and promote physical and mental well-being. Rooted in ancient Ayurvedic principles, it focuses on relieving tension, improving circulation, and restoring harmony between the mind, body, and spirit.



Whale watching
Get ready for an unforgettable adventure as Sri Lanka offers some of the best whale watching in the world, with magnificent blue whales dancing through the warm Indian Ocean waters! Head to Mirissa or Trincomalee for a thrilling up-close encounter with the largest creatures on Earth in their natural habitat.



Snorkeling
Dive into the crystal-clear waters of Ahangama and discover a breathtaking underwater world bursting with vibrant coral reefs, exotic tropical fish, and stunning marine life! Whether you're a beginner or experienced snorkeler, the warm, calm waters of this hidden gem on Sri Lanka's south coast promise an absolutely magical and unforgettable experience.

Join Us

April 15 to 22, 2027 · Villa Noumi · Ahangama, Sri Lanka

47 New road, Ahangama 80650, Sri Lanka

Double Room

Regular Price/Person €1830

Early bird price €1690

with code: SriLanka140Double

Single Room

Regular Price/Person €2530

Early bird price €2300

with code: SriLanka230Single

Book Here

Early bird offer valid until 30.11.2026

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