




Return to self

A Sāadhanā-Intensive Yoga Retreat

with Tanvi Mehra

MAY 29 – JUNE 3


ULPOTHA, SRI LANKA

A decorative background featuring several stylized birds in flight, scattered across the top and sides of the page. The birds are rendered in a simple, dark blue or grey silhouette style against a plain white background.


If you are looking for an emotional, spiritual or physical reset step into the sacred stillness of Ulpotha, a hidden sanctuary nestled in the heart of rural Sri Lanka.

Surrounded by untouched jungle, ancient trees, open skies, and the quiet rhythm of village life, Ulpotha offers a rare opportunity to return to simplicity and deepen your practice.

This Sāadhanā-Intensive Retreat is an invitation to immerse fully in daily discipline — meditation, prāṇāyāma, āsana, mantra, philosophy, silence, and self-inquiry.

A single, realistic-looking green leaf with a prominent vein structure, positioned on the right side of the page.

With no electricity, minimal distractions, and an atmosphere of profound natural beauty, the land itself becomes a teacher.

A single, realistic-looking green leaf with a prominent vein structure, positioned on the left side of the page.

Wake to birdsong and soft morning light over the lake.



Practice in open-air śālā.

Nourish your body with fresh vegetarian meals prepared with care.

Rest in simple clay cottages that blend seamlessly into the landscape.

This retreat is designed for dedicated students who feel called to:

- ~ Deepen their spiritual practice.
- ~ Strengthen discipline and inner clarity.
- ~ Experience life in harmony with nature.
- ~ Reconnect with what is essential

Ulpotha is not a luxury escape — it is an authentic, grounding, transformative experience.

If you are ready to step beyond comfort and into devotion, we welcome you to join us for this powerful journey inward.





Tanvi Mehra

Tanvi Mehra is a yoga practitioner and teacher whose work is rooted in both movement and mindful inquiry.

Beginning her journey as a professional dancer, she gradually deepened her exploration of yoga as an embodied practice that unites physical discipline with inner awareness.

Over 13 years, Tanvi has worked with students across levels, developing a teaching approach that weaves together precise alignment, breath awareness, and the philosophical foundations of yoga. Her classes invite practitioners to explore not only the body, but also the subtler dimensions of attention, energy, and self-study.

Tanvi continues to study asana, classical yoga texts, meditation, and broader Indic knowledge traditions under different teachers. She is the founder of Tangerine Arts Studio in Bombay, a space dedicated to movement, learning, and community.



Sophia Ann French

Sophia has been a practitioner of yoga for 20 years. She began her practice under the guidance of BKS Iyengar's teacher, Kobad Variava, and she also spent time practising Ashtanga Yoga with Yogacharini Saraswathi Jois.

Before dedicating her time to the study of Indic Knowledge Systems, Sophia was a journalist, and her work has been published in Indian and international media.

She was the Founder and Editor-in-Chief of India's first digital magazine on Yoga and Vedanta called SanātanāYoga. Her writing has been translated into Mandarin, Italian and German.

In 2024, she graduated from the Indica Veda Studies Teacher Training Programme under the guidance of her Guru, Shantala Sriramaiahji. At the retreat, Sophia will be leading the sessions on the philosophy behind Indic knowledge systems.

Day 1

- Arrival at Ulpotha
by afternoon
lunch & orientation
- 5:00-6:30pm
Yoga with Tanvi Mehra
- 7:00pm
Dinner
- 9:00pm
Bedtime

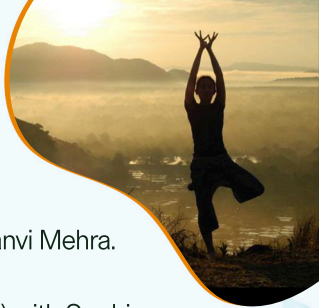


Day 2

- 6:00-6:30am
Silent meditation with Tanvi Mehra.
- 6:30-6:50am
Gaṇapati japa (learning) with Sophia.
- 7:00-9:00am
Yoga with Tanvi Mehra.
- 9:30-10:30am
Breakfast
- 11:00-12:30pm
Philosophy class
(An Overview of Patañjali's Yamas and Niyamas and
an Overview of Indic Knowledge Systems with Sophia).
- 1:00-2:00pm
Lunch
- 3:00-4:30pm
Veda Recitation / Prārthnā class
with Sophia (Gāyatrī Mantra).
- 4:30-4:45pm
Tea / Coffee break
- 5:15-6:30pm
Yoga Workshop 1 (with Tanvi Mehra).
- 7:00pm
Dinner
- 9:00pm
Bedtime



Day 3



- 6:00-6:30am
Silent meditation with Tanvi Mehra.
- 6:30-6:50am
Gaṇapati japa (recitation) with Sophia.
- 7:00-9:00am
Yoga with Tanvi Mehra.
- 9:30-10:30am
Breakfast
- 11:00-11:30am
Likhita Japa with Sophia/Self-Practise.
- 1:00-2:00pm
Lunch
- 3:00-4:30pm
Veda Recitation / Prārthnā class
with Sophia (Mahāmr̥tyuñjaya mantra).
- 4:30-4:45pm
Tea / Coffee break
- 5:15-6:30pm
Yoga Workshop 2 (with Tanvi Mehra).
- 7:00pm
Dinner
- 9:00pm
Bedtime



Day 4



- 6:00-6:30am
Silent meditation with Tanvi Mehra.
- 6:30-6:50am
Gaṇapati japa (recitation) with Sophia.
- 7:00-9:00am
Yoga with Tanvi Mehra.
- 9:30-10:30am
Breakfast
- 11:00-1:00pm
Free time / Āyurveda Massage
if anyone has signed up for it.
- 1:00-2:00pm
Lunch
- 3:00-4:30pm
Veda Recitation / Prārthnā class
with Sophia (Japa, Gāyatṛī, Mahāmṛtyuñjaya mantra).
- 4:30-4:45pm
Tea / Coffee break
- 5:15-6:30pm
Yoga Workshop 3 (with Tanvi Mehra).
- 7:00pm
Dinner
- 9:00pm
Bedtime



Day 5

- 6:00-6:30am
Silent meditation with Tanvi Mehra.
- 6:30-6:50am
Gaṇapati japa (recitation) with Sophia.
- 7:00-9:00am
Yoga with Tanvi Mehra.
- 9:30-10:30am
Breakfast
- 11:00-1:00pm
Free time / Āyurveda Massage
if anyone has signed up for it.
- 1:00-2:00pm
Lunch
- 3:00-6:00pm
Excursion to the top of the hill
- 7:00pm
Dinner
- 9:00pm
Bedtime



Eco Policies & Meals

Ulpotha uses natural materials for all its buildings while following organic farming practices that follow the lunar cycle and use no mechanical means.

All crops are hand-planted and harvested, while the fields are ploughed and the rice is threshed by buffalo. Though there is no electricity, light is provided by flares, lamps and lanterns, lending Ulpotha an ethereal quality at night.

Similarly, there are no fridges either, since they were deemed by one of the village elders of Ulpotha as little more than a means of eating un-fresh food.

Local village life is based on a vegetarian tradition, with the staple diet centred on highly nutritious strains of red rice. Meals are cooked in clay pots over open fires and are largely produced from the organic crops grown in Ulpotha. Vegetables, yams and melons fill the gardens, along with mature banana, mango, papaya, jack and breadfruit trees.



Eco Policies & Meals

All meals are vegetarian and cooked in the indigenous style featuring rice, curries, salads, buffalo curd, local savouries and sweets and, of course, fruits.

This is an eco-friendly property that's built in tune and rhythm with nature, so there is no electricity and the nights are lit with lanterns, candlelight and moonlight.

However, participants will be able to charge phones, as there are charging ports for mobiles, cameras and laptops.

If you wish to purchase a local SIM card, you can do so at the DIALOG counter at the airport upon arrival.

Please note that there will be no opportunity to make purchases after we reach the property.



Your Shelter

You will be staying in the charming adobe guest huts in Ulpotha, all of which are built using traditional wattle and daub with comfortable beds, voluminous mosquito nets, cupboards, fresh water and towels.



Open and airy by design, the huts offer you coziness and protection whilst being at one with nature. Each hut is hand painted twice a year using natural coloured clays. Much use has been made of clay, stone, wood, pottery and fabrics that reflect traditional village practices and aesthetics.

With one or two exceptions, Ulpotha adheres to the Sri Lankan village tradition of keeping toilet/loo spaces separate from living spaces. The enchanting showers are open to the stars and the toilets are comfortable and modern.

All the huts at Ulpotha are allocated on a twin share basis.





Āyurveda at Ulpotha

Ulpotha has an exciting programme of Āyurveda treatments and, by the very definition of 'holistic', possesses the ideal climate and environment for the practice of this deeply therapeutic and traditional healing art.

The Āyurveda treatments are bookable in advance and paid for separately.

The Āyurveda centre is limited in numbers and all proceeds go towards running their small local clinic.

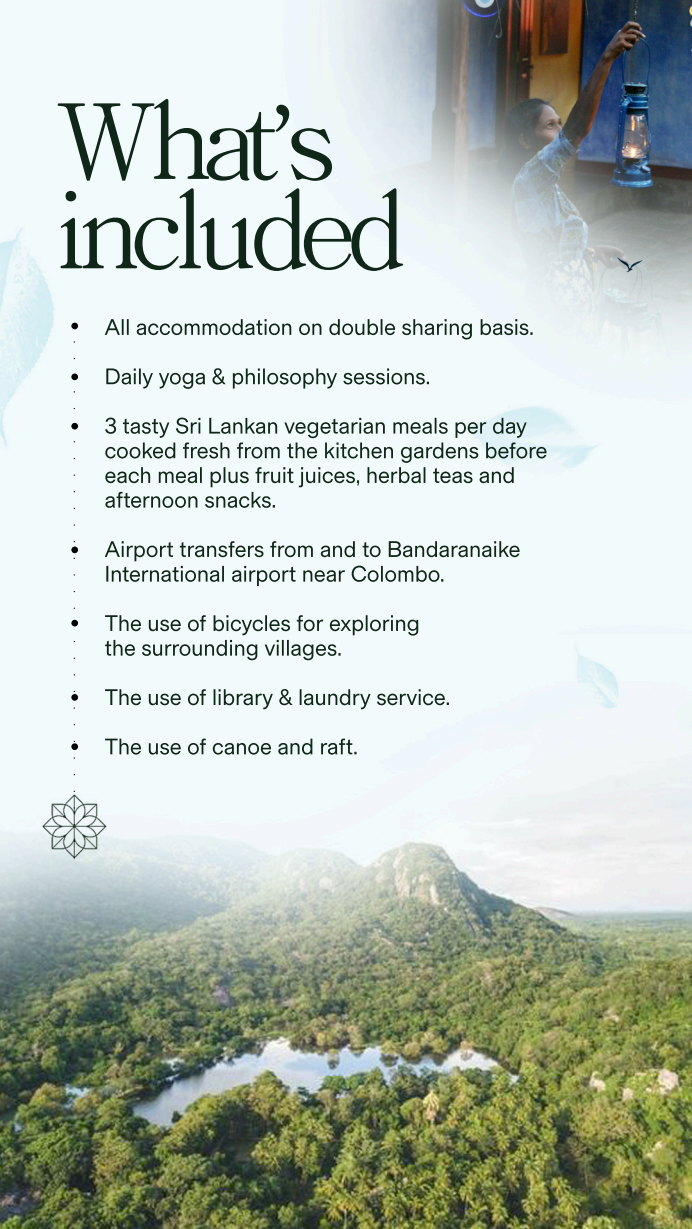
1-day: **\$100**

3-day: **\$250**



What's included

- All accommodation on double sharing basis.
- Daily yoga & philosophy sessions.
- 3 tasty Sri Lankan vegetarian meals per day cooked fresh from the kitchen gardens before each meal plus fruit juices, herbal teas and afternoon snacks.
- Airport transfers from and to Bandaranaike International airport near Colombo.
- The use of bicycles for exploring the surrounding villages.
- The use of library & laundry service.
- The use of canoe and raft.



What's not included

- Airfare (can book at additional charges).
- Any meals not mentioned in the inclusions.
- Āyurvedic massages at the massage centre.
- Tips for guide, drivers and other staff.
- Personal related expenses like calls, beverages, shopping etc.





Land Package Cost

1,98,000
+5% gst per person

Early bird pricing, subject to price surge
Limited spots only



Terms & Conditions

- Payment in full is preferred.
- To enquire about payment in instalments please contact 9867369960.
- No discounts.
- No refunds.
- This retreat cannot be transferred to another person except for whom the retreat is booked for.



Bank Details

A/c Name: TAS ENTERPRISES

Bank: ICICI Bank Limited

Branch: Waterfield, Bandra West

A/C No: 003805013601

IFSC: ICIC0000038



Contact info:



9867369960

info@tangerineartsstudio.com

