

# RAYA YOGA

WITH LARS EHRHARDT

NEW Dates

14.07. - 21.07.2024

15.09. - 22.09.2024

24.11. - 01.12.2024

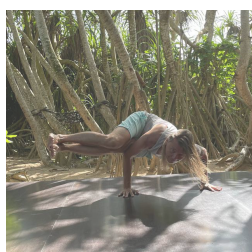


*Free your mind, body and soul*



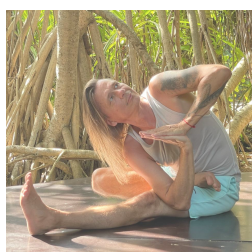
**Yoga Week 1 14.07. - 21.07.2024**

From 985 Euro incl. veg. Full Board



**Yoga Week 2 15.09. - 22.09.2024**

From 985 Euro incl. veg. Full Board



**Yoga Week 3 24.11. - 01.12.2024**

From 1.055 Euro incl. veg. Full Board

Do you want to escape the dreary winter weather, let your soul dangle between coconut trees and practice yoga in a demanding way?

Then take the opportunity to practice Raja Yoga under the guidance of Lars Ehrhardt, also known as the Royal Path of Yoga. This is dedicated to breathing and meditation, mindful and attentive yoga practice

The island of Sri Lanka with its endless deserted beaches, wild jungle and wonderful people is simply perfect for a holiday combining, yoga, beach vacation and experiencing new things.

At Jungle Beach Ahungalla with its Glamping bungalows for 1 to 6 guests and a total capacity of only 18 people, you will live a few days in a little paradise.

The camp is located directly on the beach, where is not any disturbance except the sounds of the nature.

Very excited to welcoming you soon!

# GLAMPING

the current holiday trend - combines the proximity of nature of camping with the luxury of a hotel including bath, spa, and sports facilities.

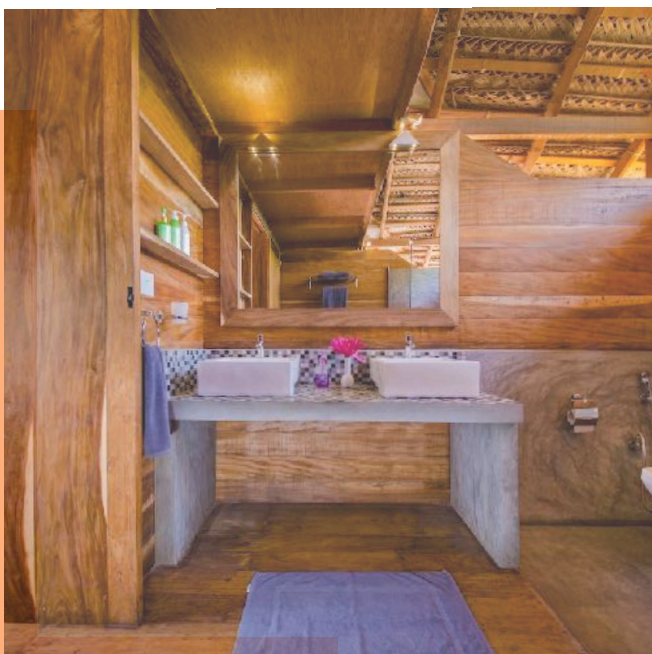
At Jungle Beach Camp Ahungalla we offer our guests a 5-star accommodation in Glamping bungalows for 1 to 6 people with private bathroom, minibar and safe. Fresh sheets, cozy pillows, bath and beach towels along with Ayurvedic toiletries are available for you.

Here you can relax and unwind.



All bungalows are furnished to suit our residents:

*Couples live comfortably with double bed and living area including sofa,*



All information and bookings please here....

*Families will find comfortable accommodation with double bed and additional single beds. A baby cot is also available.*

*For a group of friends we will equip your bungalow with single beds.*

Of course, we can also prepare vegetarian, vegan or gluten-free meals for you.

For your relaxation our spa is open from 8am to 7pm. Water sports can be enjoyed from dawn to sunset. There is also a beach volleyball court, table tennis, card games, board games and much more for your enjoyment to disposal.

We welcome you in our little paradise

<http://mo-yo.de>  
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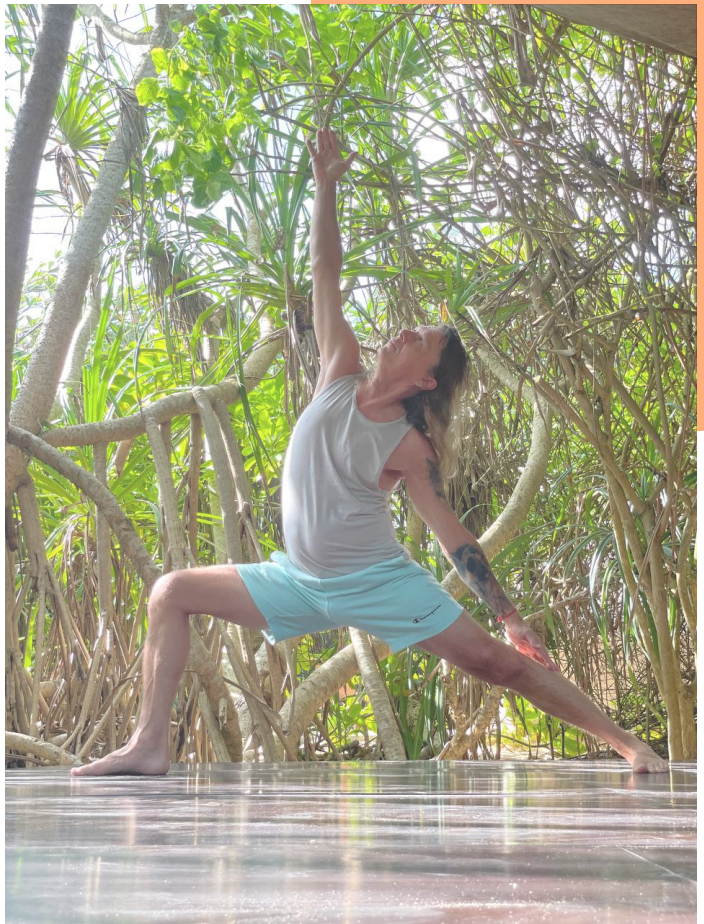
## Our offer for you

One yoga session in the morning and one in the evening of at least 90 minutes

Specials like Foxwalk, Headless Walking, Meditations, Values & Communication

Personal attention and family atmosphere

Of course, you will also have enough time to enjoy the long, palm-fringed sandy beach with all its advantages. From Beach Volleyball to Surfing, relaxing Ayurveda massages or just lying on the beach with a good book, everything is possible! One of the best Ayurveda doctors is also available for a consultation and will give you very personal nutrition and lifestyle tips.



## 7-day camp

The yoga week costs including room and full board (excluding arrival and departure):

In the Jungle Beach shared Deluxe Bungalow (max. 4 people) 985,00 Euro

In a Jungle Beach Double Standard Bungalow 1.055,00 Euro

In the Jungle Beach Single Standard Bungalow 1.335,00 Euro

The accommodation and camp

Jungle Beach Ahungalla, Wathuregama, 80562 Ahungalla

<http://junglebeachahungalla.com>

There is also the option of arriving a little earlier and taking part in organized excursions or exploring the country on your own.

For more information, you are welcome to contact us on +49 1714832101 or by email to [lars@mo-yo.de](mailto:lars@mo-yo.de)

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Excluded in the price are traveling costs (flights, transfers & visa fees)

Tours and adventure packages will be send to you by email on request or you just book spontaneously on location! We look forward to welcoming you!



## OUR SPECIALITIES

Feel free to use as much of our offers as you like.

We are proud of our network of professionals

### YOGA

Clean and purify your body and mind in a magical calm and natural environment. Encircled by the sound of stillness, together with like-minded people with or without yoga-experience, detached from daily life.

A good mixture of healthy organic vegetarian food, asanas (body exercises), pranayama (breathing exercises) and meditation creates ideal conditions for self-communion as well as an opening for new perspectives of life.

Relaxed alertness, clarity and inner peace will appear very fast. Get inspired and bring your experiences into your daily life.

It's adapted for beginners and experts. Yoga teacher Lars combines in a fancy way classic as well as exceeding yoga positions focusing on perfect posture and awareness.

### MINDFULNESS

Mindfulness meditation involves the process of developing the skill of bringing your attention to whatever is happening in the present moment. There are several meditation exercises designed to develop mindfulness meditation.

### PALM READING & PERSONAL COACHING

It's easy to forget who we are, what our nature is, where we come from and all that we can be. Sometimes we need just a little reminder.

You like to develop your life in a deep, spiritual level, find clarity and truth, identify challenges or solving problems in your life? We are pleased to help you in a personal session. A mixture of palm, feet reading and spiritual teaching will help you to find out who you are and solve problems at their source.

Don't dwell in the past or dream of the future. Find your passion and take action. The next moment in your life is not more important than this moment right now. Do today what you dream of later, and understand that your past actions were meant to occur so that you can learn and grow. So let them go, let them be and appreciate all that you have right now.





### SHOKMON

Shokmon is a spiritual master from Sri Lanka. Since his early teenage years, he has unique abilities to access universal knowing.

The focus of his sessions and workshops is to pass this knowledge and support the integration into each individual's plan of life. His holistic style of coaching is a simple and successful way to reach freedom, relaxing into the nature of precious human being and finding yourselves in a constant state of bliss.

He receives the very individual information through palm reading and gives valuable access to a personal and all-encompassing development.



### LARS EHRHARDT

Lars is Raja Yoga teacher for almost twenty years, full-time and professional. He lives in Bavaria/Germany.

With more than 10,000 yoga lessons, 12 years of trained yoga teachers, a lot of yoga retreats and workshops worldwide and far more than 1000 yoga students, he has the experience to pick you up where you are so that you can help yourself to move forward.



### DR. WIJERATNE

Dr. Wijeratne is another genius I have met here in Sri Lanka.

He combines the traditional way of Ayurveda with the wisdom of the old Sri Lankan healing system, which has been given to him from his ancestors over many generations.

Further he has been given a very special gift to be able to feel the energy flow of the Nadi System (energy lines of the body). So he can find energetic blockages just by feeling your pulse.

In Ayurveda it's all about balancing body energies and release blockages.

In combination with yoga exercises a perfect way to keep your body and mind healthy and young.