



RETURN RETREAT

TO WHAT IS ALREADY
WITHIN



ABOUT US

Two people. One island. One shared feeling.

We first met in Sri Lanka, on a dance floor, surrounded by music, warm air and the feeling of being completely present.

What started as a simple encounter grew into a friendship and, over time, into a shared understanding of what we both needed in our own lives.

In our everyday lives, we found ourselves returning to the same questions.

How do we slow down in a world that constantly asks us to keep going?

How do we come back to ourselves when life gets loud?

And how can we create more space for rest, connection and simply being?

RETURN grew from these questions.

It brings together the practices that have become part of our own lives, yoga, breathwork, nervous system work, mindfulness, bodywork, reflection, nature and genuine human connection.

We created this retreat not because we have found all the answers, but because we believe in the power of creating a space where we can pause, listen and remember what is already within us.

And we wanted to share that space with others.

With love, always.

Mia & Alina



ABOUT RETURN

RETURN

A space to come back to yourself.

For six days, we invite you to step away from the noise and into a slower rhythm.

Together, we will gather at a special place on the coast of Sri Lanka, surrounded by nature, held by the ocean and far enough away from everyday life to truly arrive.

A place to breathe deeply.

To rest without having to earn it.

To move, reflect, laugh and connect.

To be held, and to simply be.

RETURN is not about becoming someone new. It is about creating the space to remember who you already are.

Our intention

We don't want to give you another list of things to achieve.

We want to offer you an experience you can feel.

One that gives your body permission to soften, your mind space to become quiet, and your inner voice room to be heard again.

Regulate. Reconnect. Remember.

This is RETURN.





THE JOURNEY

DAY 1 — ARRIVE

Slow down. Settle in. Arrive in your body and in the present moment.

DAY 2 — RELEASE

Create space. Let go of tension, expectations and what no longer serves you.

DAY 3 — RECONNECT

Reconnect with your body, your emotions, nature and the people around you.

DAY 4 — REMEMBER

Return to your values, intuition and inner voice.

DAY 5 — INTEGRATE

Allow everything to settle. Rest, reflect and simply be.

DAY 6 — RETURN

Leave feeling grounded, clear and more connected to yourself.



THE PLACE

Our home in Ahangama
On the lush south coast of Sri Lanka, we found a place that feels a little like home.

The home of “Barefoot Yoga School” is surrounded by tropical nature, warm air and the gentle rhythm of the ocean.

Built with love and intention, every corner holds a thoughtful detail a place to gather, to slow down, and to simply be.

Our home for RETURN.

A place that invites you to take off your shoes, leave the outside world behind, and arrive.

ACCOMMODATION

A space to rest.
Choose the room that feels right
for you: a double room, shared
room, or triple room.

Each room comes with a private
bathroom, air conditioning and
daily cleaning, so you can fully
settle in and feel at ease.

From €999* per person

first com first serve

**All prices are exclusive of applicable VAT
and any other statutory taxes or fees.*

**After December 5th 2026, all prices increase
by €100.*





ROOMS



PRIVATE TREE TOP LOFTS

A private room with a comfortable queen bed
your own quiet space to rest and recharge.

Early Bird:

- shared per person: 1.299€*
- single room: 2.598 €*



PADDY FRONT COTTAGES (twin beds or queen) A shared room with two beds, perfect for you and a friend or if you're coming alone and open to sharing with another guest.

Early Bird:

- shared per person: 1.299€*
- single room: 2.598 €*



TRIPLE ROOM (3 single beds)

A spacious shared room for three, ideal for friends or those who enjoy a more communal experience.

Early Bird:

- shared per person: 999€*

All rooms include a private bathroom, air conditioning and daily cleaning.

**All prices are exclusive of applicable VAT and any other statutory taxes or fees.*

**After December 5th 2026, all prices increase by €100.*



ROOMS



WHAT IS INCLUDED?

Your RETURN experience includes everything you need to slow down, reconnect and feel at home.

- 5 nights at our retreat home in Ahangama
- Daily half-board with nourishing meals (one dinner outside is not included)
- Daily practices with Mia & Alina meditation, yoga, breathwork & ice bath and more
- One massage or coaching treatment per person (45 min) , with Reiki available as an optional addition
- Journaling & psychology-informed workshops
- Opening & closing circles
- Cacao ceremony
- Daily tea & nourishing snacks
- RETURN goodie bag
- All yoga & retreat equipment

Come as you are. We'll take care of the rest.



WHAT IS NOT INCLUDED?

A few things remain outside your RETURN experience:

- Flights to and from Sri Lanka
- Airport transfers to and from the retreat location (Private transfers can be arranged for an additional fee.)
- Travel insurance (We strongly recommend arranging comprehensive travel insurance.)
- Sri Lankan visa / entry fees
- Optional Lunches
- One group dinner out
- Any additional personal expenses or optional treatments are not included.



PAYMENT PLAN

Secure your place

To reserve your spot at RETURN, a 30% deposit is required upon booking.

The remaining 70% balance is due 3 months before the retreat begins.

30% — Upon booking

Secure your place and confirm your reservation.

70% — 3 months before arrival

Final payment.

Your place is confirmed once the initial deposit has been received.



DAYLY SCHEDULE



What your days might look like

07:00 — Tea & Silence

A quiet start to the day.

07:30 — Morning Practice

Yoga, mindful movement or Yoga Nidra.

08:45 — Breakfast

10:00 — Workshop / Reflection

Psychology-informed sessions exploring boundaries, self-worth, stress, authenticity and life transitions.

Afternoon — Your time

Beach · Pool · Massage · Journaling · Rest · Nature

13:00 — Lunch (not included), outside Freetime

17:00 — Evening Practice

Breathwork · Reiki · Yin Yoga · Ice Bath

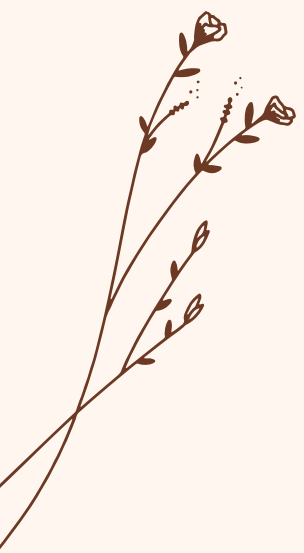
18:30 — Sunset Gathering

19:30 — Dinner

20:30 — Connection & Integration

Fireside conversations · cacao ceremony · ecstatic dance · closing circles

The schedule is intentionally flexible and may vary throughout the retreat.



ISLAND COLORS

Island retreats are shaped by colors that feel fresh and restorative. Turquoise water, ivory sand, leafy green palms, and golden sunlight create a soothing palette. These tones work together to form an aesthetic atmosphere that feels bright, calm, and naturally connected to coastal living.



“FAQ

Are flights included?

Flights are not included, as we want to give you the greatest possible flexibility when planning your journey.

We're happy to share flight recommendations and our favourite places and highlights around Sri Lanka. And if you have the time, we highly recommend staying a little longer. :)

Will I have free time during the retreat?

Absolutely. There is plenty of space to explore, enjoy the beach, read by the pool or simply do nothing.

Everything at RETURN is an invitation, never an obligation. You are always free to join, skip, rest or explore.

Are food and drinks included?

Breakfast and four dinners are included throughout your stay. Tea and filtered drinking water are available throughout the retreat.

There is also a little coffee hut on site, serving delicious coffee and snacks. Lunch can be enjoyed there, purchased separately, or you're welcome to explore the many wonderful places nearby.



“FAQ

Do I need travel insurance?

We strongly recommend taking out comprehensive travel insurance for your journey to Sri Lanka.

Do I need a visa?

Yes. You will need a visa to enter Sri Lanka.

The application is quick and straightforward and can be completed online via the official Electronic Travel Authorization (ETA) system.

[Apply for your Sri Lanka ETA](#)

In most cases, the ETA is issued within around 24 hours. We recommend applying well in advance of your trip.

Do I need a passport?

Yes. Your passport must be valid for at least six months from the date of entry into Sri Lanka.

You will also need your passport number when applying for your visa.

Can I choose my room?

Yes. Room allocation is based on first come, first served.

When booking, you can let us know which room option you prefer, and we'll do our best to accommodate your choice.



“FAQ

What if the full payment is financially difficult for me?

We want RETURN to feel accessible and would love to have you with us, even if paying the full amount at once feels difficult.

Our standard payment plan is:

30% upon booking

70% three months before the retreat

Your place is confirmed once the deposit has been received.

In case of cancellation, the deposit remains non-refundable as compensation for the reserved place.

Need a little more flexibility?

Individual instalment plans are possible upon request. Simply reach out to us and we'll find a payment rhythm that works for your individual circumstances.

One last thing

You don't need to have everything figured out before you come. Just bring yourself.

We'll take care of the rest.



READY TO
JOIN US?

returncollectiveretreats@gmail.com

with love, always.

Mia & Alina

