



Ultimate Transformative Retreat in SriLanka

April 27- May 4, 2025





Hello! I'm Ksybueno And This Is My Journey!

I was born in Ukraine and began my journey in the wellness and fitness industry at the age of 18, working as a group fitness instructor in a fitness center in Chernivtsi.

At 22, I opened my first dance and fitness studio in Chernivtsi, Ukraine. By the age of 24, I had expanded to three dance studios, serving hundreds of clients and running a fitness school for girls aspiring to become group instructors.

I had huge experience in group classes like : stretching, barre , contemporary dancing , body sculpt

My journey into organizing retreats began in 2016, with my first retreat held in the Dominican Republic, followed by the Seychelles. From 2016 to 2023, I successfully organized more than 60 retreats across diverse countries including the Dominican Republic, Seychelles, Cuba, Panama, Brazil, Argentina, Chile, Peru, Mexico, Hawaii, California, New York City, Portugal, Italy, Thailand, Bali, Singapore, the Philippines, Hong Kong, China, Vietnam, Cambodia, South Africa, Zanzibar, Egypt, and the Maldives. In general I have visited 70 countries.

In 2020, I began practicing intermittent fasting and in 2021, I earned my certification as a nutritionist. Since then, I have been coaching individuals using the intermittent fasting method.

Due to the war in Ukraine, I moved to Romania in 2022. That same year, I traveled to Bali to write my book on intermittent fasting. My book was printed in December 2023 and is now available on my website.

In 2023 I made Thai stretching therapist certification

Alongside my professional achievements, I have been dancing Latin dances since 2020, participating in numerous competitions from 2021 to 2024. In 2023, I won the world championships. Additionally, I practice yoga daily and am an avid surfer.

I am also a proud mother to my 9-year-old son.

I speak almost 5 languages : Ukrainian, Russian, English, Spanish and a bit of Romanian

Instagram : @ksybueno , 144k followers



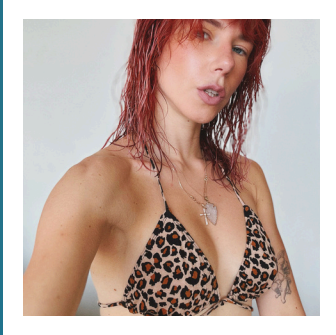
Hello ! I'm Andreas and this is my journey!

Born in Switzerland, my life has been a continuous exploration of the profound connection between body, mind, and spirit. My journey began with deep studies in India, where I immersed myself in ancient teachings and practices of meditation and mindfulness. Over the years, I have embraced transformative experiences, including as per day three Goenka Vipassana retreats in Sri Lanka and Nepal, as well as deep dives into Neo-Tantra and the wisdom of traditional Tantra.

As a certified meditation teacher, mindfulness coach, and conscious connected breath healing facilitator, I have developed a unique approach that combines ancient techniques with modern understandings of the human experience. My signature breath-healing sessions blend meditation, prayer, dynamic breathwork, loving touch, sensory & olfactory stimulation, music, and sound vibrations. These elements come together to create a deeply transformative space for participants, fostering healing, clarity, and connection to their inner essence.

I am honored to hold space for individuals, offering not only a safe and nurturing environment but also a profound depth of presence that respects each participant's unique spiritual and physical needs. Whether guiding individuals through a retreat at my own UYANA Boutique Hotel & Retreat in Sri Lanka or traveling the world to share my practices, my focus remains on facilitating growth, healing, and connection in every soul I meet.

About Ksybueno Retreats



Ksybueno



Welcome to Ksybueno Retreats, where we offer unparalleled wellness experiences in some of the world's most breathtaking locations. From the serene beaches of Seychelles to the lush jungles of Bali, the picturesque landscapes of Italy, the vibrant culture of Mexico, the natural beauty of Costa Rica, the serene coastline of California, the elegance of Spain, the tropical allure of Brazil, and the upscale charm of Palm Beach, each of our retreat destinations provides a stunning backdrop for your transformative journey to well-being.

At Ksybueno Retreats, every retreat is personally managed by our founder, Ksybueno. As a certified Intermittent Fasting Coach, certified Thai Massage Therapist, and bestselling author of an intermittent fasting book, Ksybueno brings her extensive expertise and passion for wellness to each experience.

Since 2017, she has successfully organized more than 60 retreats across different countries, continuously striving to offer the best wellness experiences to our clients.

We collaborate with local professionals and practitioners from all around the world, ensuring that our retreats feature the highest level of expertise and care. These collaborations include specialists such as Mental Health Counselors specializing in trauma release and inner healing, Breathwork Instructors, Yoga instructors, and Art Coaches. With their diverse expertise and deep commitment to your well-being, these professionals work collaboratively to provide you with a truly integrated and comprehensive wellness experience.

What sets us apart is our unwavering commitment to luxury and personalized service. From the moment you arrive at one of our exclusive retreat locations, you'll be greeted with warm hospitality and surrounded by luxurious accommodations and amenities.

Location

SriLanka

1-7 Day

Escape to the serene beauty of Sri Lanka, where lush landscapes meet the turquoise waters of the Indian Ocean. Our retreat takes place in Kabalana, a hidden gem on the island's south coast, known for its golden beaches, world-class waves, and tranquil atmosphere. Here, you'll find the perfect balance of relaxation and adventure, with yoga sessions by the ocean, nourishing local cuisine, and breathtaking sunsets. Whether you're looking to unwind, reconnect, or explore the island's rich culture, Kabalana offers an unforgettable retreat experience.



Hotel

UYANA Hotel & Retreat adults only

Ahangama, SriLanka

1-7 Day

Nestled in the heart of Ahangama, just minutes from Kabalana Beach, UYANA is a tranquil adults-only retreat designed for those seeking serenity, luxury, and a deep connection with nature. This boutique hotel offers spacious, elegantly designed suites, a 25-meter infinity pool overlooking lush paddy fields, and an atmosphere of pure relaxation.

Guests can indulge in gourmet all-day breakfasts, unwind with yoga sessions in the tropical garden, or simply enjoy the peaceful surroundings. With its boutique charm, personalized service, and breathtaking natural beauty, UYANA provides the perfect escape for a restorative retreat in Sri Lanka.





UYANA Hotel & Retreat adults
only Ahangama, SriLanka



What's included in this Package?

- 7 nights accommodation
- Three meals everyday : Breakfasts/Lunches/ Dinners
- Group Photo shoot
- Wifi connection
- Water
- Tea
- Coconut water
- Daily meditation classes
- Daily yoga classes
- Daily breath work classes
- One session of 30 min thai massage
- 3 Surf lessons
- ICE BATH CEREMONY
- Intermittent Fasting Workshop
- Luggage storage
- Pre and post retreat support from our team



What's not included in this Package?

- Travel insurance
- Flights costs
- Additional activities not included in the itinerary
- Additional treatments
- Visa fee
- Airport Transportation



Choose your perfect stay:

- 🏠 Private King Suite – \$2,599

✨ Your own private sanctuary to fully unwind and recharge. Enjoy the peace of a spacious, beautifully designed room with a luxurious bed, nature views, and an intimate retreat experience. Ideal for those who value solitude and deep relaxation.

- 🛏 Shared Twin Suite – \$1,999

✨ Share a beautifully styled room with another retreat guest. This is a perfect option for friends or solo travelers open to making new connections while enjoying the same level of comfort and serenity.



Memories from previous Retreats in SriLanka



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7-Night/6-Day Retreat Schedule

Day 1: Arrival & Orientation

Afternoon:

- Check-in from 2:00 PM
- Welcome drink and introduction to the retreat schedule
- Settle into luxurious accommodations

Evening:

- Opening circle with intention-setting and cacao welcome (6:00 PM)
- Light vegetarian/vegan dinner (7:30 PM)

Day 2 - 6: Daily Routine

Morning

- 7:00 AM: Morning Yoga or Mindfulness Session
- 8:00 AM: Meditation Session
- 9:00 AM: Nutritious vegan/vegetarian breakfast
- 10:00 AM - 10:45 AM: Glimpse into Intermittent Fasting (Day 2-5)

Midday

- 11:00 AM - 1:30 PM: Breath Healing Session (on selected days)
- 1:30 PM: Delicious vegan/vegetarian lunch

Afternoon

- 2:30 PM - 4:30 PM: Surf Lesson (Day 2-4), free time (Day 5-6), or optional excursion (Day 4)
- 5:00 PM - 6:00 PM: Afternoon Yoga

Evening

- 7:30 PM: Dinner
- Special Evenings:
- Beach Dinner (Day 5)
- Kirtan & Closing Ceremony with Cacao (Day 6, 8:00 PM)

Day 7: Closing & Departure

Morning:

- Final morning yoga and gratitude circle (7:30 AM)
- Breakfast (8:30 AM)
- Check-out by 11:00 AM

Special Highlights

- Ice Bath: Available daily after morning activities (11:00 AM)
- One-Day Excursion: Explore Sri Lanka's local culture and scenery (Day 4)

What to Expect from the Intermittent Fasting Coaching Program at Our Retreat

Embarking on a wellness retreat is an excellent opportunity to reset, rejuvenate, and explore new health practices. One of the key components of our retreat program is the Intermittent Fasting (IF) coaching, designed to help you integrate this beneficial practice into your daily routine.

Workshop on Intermittent Fasting

- Introduction to Intermittent Fasting
- Understanding the basics and science behind IF.
- Different types of IF schedules (e.g., 16/8, 5:2, Eat-Stop-Eat).
- Health Benefits
- How IF can aid in weight management, improve metabolic health, and enhance longevity.
- Potential impacts on mental clarity and energy levels.
- Practical Tips
- How to start and sustain an IF practice.
- Strategies for managing hunger and maximizing the benefits of fasting.
- Q&A Session:

Personal Sessions

In addition to the workshop, I will be offering 15-minute one-on-one personal sessions for those interested in adopting Intermittent Fasting during the retreat.

These sessions will include:

- Personalized Intermittent Fasting Schedule
- Dietary Guidance:
- Ongoing Support:
 - Tips and encouragement to help you stay committed to your IF plan.
 - Answers to any questions you might have as you begin your fasting journey.

Why Incorporate Intermittent Fasting?

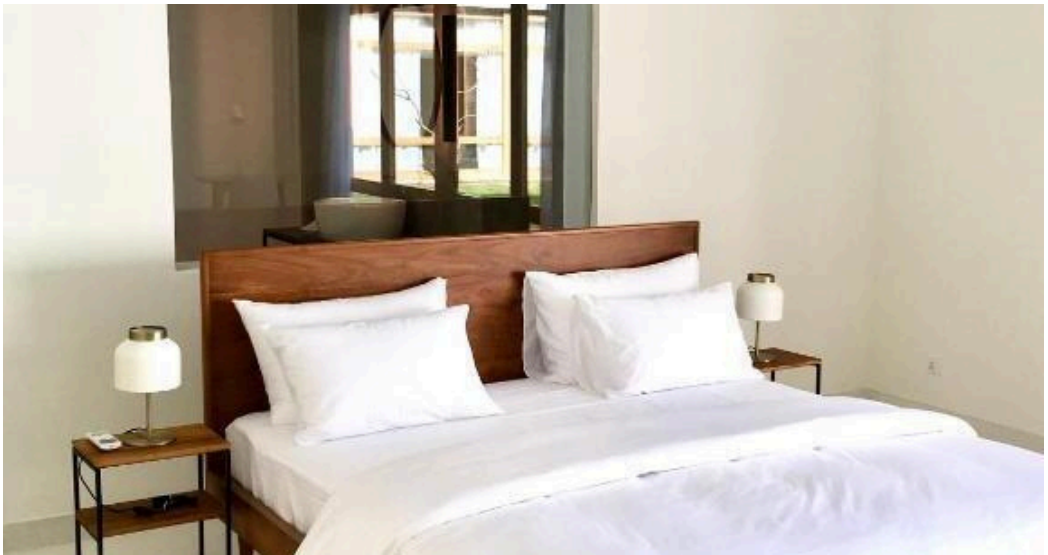
Intermittent Fasting is more than just a dietary trend; it's a lifestyle change that can bring profound benefits. Whether you're looking to manage your weight, improve your overall health, or simply feel more energized, our IF coaching program is designed to provide you with the tools and knowledge you need to succeed.

By the end of the retreat, you will have a solid understanding of Intermittent Fasting and a personalized plan that you can continue to follow at home. Our goal is to support you in making sustainable, healthy changes that enhance your well-being long after the retreat is over.

We look forward to guiding you on this transformative journey!



Intermittent Fasting Book



Rooms
UYANA Hotel, SriLanka



Food

Food is an essential part of our retreat experience, designed to nourish, energize, and bring balance to your body. We offer delicious, fresh, and locally sourced vegan & vegetarian meals inspired by the vibrant flavors of Sri Lanka.

Everything is prepared with natural, wholesome ingredients to support your body and mind throughout the retreat. Get ready to enjoy mindful eating in a beautiful, peaceful setting! 🌿🌟



 **KSYBUENO
RETREATS**