

# the mudhouse

## Address & Contacts

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## Concept

The Mudhouse is a rustic jungle lodge in rural Anamaduwa, Sri Lanka. Set amidst fifty acres of forest, the lodge is comprised of a number of uniquely designed huts and dwellings, all constructed from natural materials. Spacious yet minimal, great care and attention to detail has been taken in all elements of the property. The project operates with environmental and social sustainability and enrichment as its core values and provides with guests with a unique space in which to enjoy the colours and vibrancy of rural Sri Lankan life. All meals and local activities are included in the rates. The Mudhouse promotes engaging, experience-based tourism, encouraging greater interaction between local communities and visitors as well as attempting to set a positive example in terms of agricultural and environmental practices.

**The Mudhouse is suitable for all kinds of travellers, and can cater for retreats of yoga groups interested in practicing in an intact environment in full contact with nature and the great outdoors.**



### Yoga Retreat at The Mudhouse

The Mudhouse is available for exclusive hire for yoga groups and retreats.

Our purpose built yoga pavilion, which is located **on an island in our private lake**, is the ideal space for focussing the mind and body in harmony with the surrounding natural elements. Catching both the sunrise and the sunset, this sublimely peaceful space is ideal for morning and afternoon practice. With an earth floor and a roof made in wood and banana leaves, the shala is naturally ventilated and can accommodate a maximum of 20-22 people. Mats, blocks, straps and pillows are available for practice.

Our rates include having the yoga shala cleaned everyday and fresh flowers every morning. We wash all the yoga mats on a daily basis for the students and teachers. Water and fruits can be put in the shala depending on the wishes of the teacher.

Meals can also be tailored to your requests. Many teachers have very specific requests for the food. All our food is freshly cooked on site using produce from our own organic farm. Vegetarian food is a speciality although good lake and sea fish can be sourced locally if desired.

Meals are served three times a day and can be structured to times of your choosing. We normally serve tea and coffee in the huts for yoga students and then breakfast in the main restaurant soon after morning practice. All of this and all timings can be tailored to suit your needs.

The main teacher and assistant would have their own hut and own private bathroom regardless of the arrangements for the students.

The daily schedule can be arranged according to your retreat's goals and students' needs and expectations.



## Rates & Packages

For the season 2019, we welcome retreats between March and June included and from October to mid-December. Our rates are:

- **March – June 2019: USD 155/person/day**
- **October 1<sup>st</sup> – December 15<sup>th</sup> 2019: USD 145/person/day**

A fixed price for the entire property is available on request.

We could offer lower rates according to the chosen package and number of students.

### This rate includes:

- Accommodation;
- All meals and non-alcoholic drinks (water, tea, coffee, herbal tea and fresh juices), including refreshments at the Yoga shala (menu to be adjusted to suit your requirements);
- Private bicycle for the entire stay;
- Free use of our water sport equipment (kayak, stand-up paddle, etc.) and access to our private lake;
- Local activities (birdwatching, nature trails, cooking classes, picnic, etc.);
- Community involvement activities (farm work, tree planting, community work or others)

Complimentary stay is offered to the teacher and assistant for a minimum of 6 participants on a 6 days retreat.

### Tailor-made packages can be arranged including:

- Transfer from/to the airport
- Excursions to nearby attractions (Wilpattu National Park - Dolphin Watching at Kalpitiya Yapahuwa archaeological site - Anawilundawa wetland sanctuary);

We provide a very personalised and caring service here and have one of the ideal places for hosting yoga retreats. We prefer not to host many retreats a year here to be able to carefully take care of the teachers' needs in the way we structure and organise the place should you decide to host it here.

We are extremely flexible and can adapt your daily plan according to your and your guests' preferences. We can organise small groups for local excursions, set up the space for your special activities and anything in between to make your retreat a special life-changing experience.







### Accommodation

The Mudhouse guest accommodation is divided into five guest areas. Each area is unique in terms of design and layout, but facilities and overall atmosphere are essentially the same throughout. Guests areas are always exclusive to the client that books them and there is no sharing with other guests even. It is possible to put extra beds in most of the huts if required – contact us for details about this. All huts are suitable for singles or couples even if there are more beds than required, whilst some are suitable for families and small groups as well.



#### **The Original Mudhouse** (2 double beds, 2 single beds):

The Original Mudhouse consists of a cluster of different huts that connect to give the impression of a private village. The Original Mudhouse itself is a traditional style wattle and daub building containing a walled master bedroom with one double bed, a luggage room, western toilet, sitting area and extended porch area. In addition to this, we also have The Nest – a stilted wooden house with a double bed and views over the local lake. Finally there is also the Kumbuk Hut, which has two single beds. There is a master outdoor bathroom with twin showers and western toilet as well as a private dining hut.



#### **The Palu Hut** (4 double beds)

The Palu Hut is designed in a 'V' shape and has four double beds (two on either side of the hut). There is a large central living area with spaces that can be converted into additional sleeping areas. The Palu Hut has two jungle showers and two western toilets.





**The Maha Gedera** (3 double beds, 3 single beds)

The largest hut at The Mudhouse, our Maha Gedera is built in a square shape with a central open courtyard. Inside there are three double beds and three single beds. These can be made into day beds as required. There is an indoor seating and dining area as well as space around the entrance and in front of the hut with chairs and sun loungers. The Maha Gedera has the largest open plan, open air bathroom as well as an additional jungle shower at the rear.



**The Myla Hut** (2 double beds, 2 single beds)

The Myla Hut consists of a main hut with two double beds and indoor lounge area. A newer, adjacent hut is connected to the main hut by a small path and houses two single beds. There is an outdoor jungle shower and a separate, covered toilet. The huts are located on the side of the property close to the yoga lake.



**The Sharma Hut** (1 double bed, 2 optional single beds)

The Sharma hut was built in the location where our Honeymoon Hut was previously located. The Sharma Hut is a large, circular hut with one double bed and private living area. There is also a separate lounge hut which can be used for relaxing the day. The Sharma hut has a jungle shower and a covered western toilet. The lounge hut can also accommodate two single beds if required.



### **Food:**

All food is prepared fresh on site with the majority of fruits and vegetables coming from our organic garden. We promote and celebrate local cuisine, using seasonal ingredients. There is no menu but the chefs will discuss the plans on a day-to-day basis. Simple western meals can be provided if required but we recommend sampling as much of the local food as possible. For yoga groups, we can plan the retreat's menu with the chef according to the group's needs and the availability of local produce. [see details below]

### **Alcohol**

Please note that The Mudhouse does not have a licence to sell alcohol. All guest huts are equipped with cool boxes and soft drinks. Guests are very welcome to bring alcohol with them. We advise agents to inform chauffeur-guides of this fact and ask them to pick up supplies on the way to The Mudhouse as required.

### **The Mudhouse team**

are extremely flexible and pro-active in tailoring their services to make The Mudhouse a very unique location for any unique groups you may have.





### **Location & Distances**

The Mudhouse is situated 7.5 kilometres from Anamaduwa town in the village of Pahaladiulwewa. The best route from the town can vary depending on the time of year as the condition of the gravel and mud roads can change from season to season. It is general best to call us on the day for detailed directions for the last stretch as there are no signs or boards for the property on either the roads or at the entrance itself, in keeping with the hideaway concept.

### **A pin can now be found in Google Maps if you search for 'Mud House'.**

Mudhouse – BIA Airport – 106 KM Mudhouse – Colombo Fort – 132 KM

Mudhouse – Kandy – 110 KM Mudhouse – Wilpattu National Park main gate – 60 KM

Mudhouse – Kalpitiya Town – 68 KM Mudhouse – Dambulla – 120 KM

