Yala Heights Meditation and Relaxation Center

Posted on

Journey to Inner Peace and Transformation

Yala Heights Meditation and Relaxation Center offers a peaceful retreat to pause, breathe, and reconnect with the inner self. Each moment invites you to restore balance, gain clarity, and discover a deeper sense of calm and well-being.

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Yala Heights Meditation and Relaxation Center – where every visitor has the

freedom to spend their time in a way that best suits their personal journey.

At the mention of Yala Heights Meditation and Relaxation Center, one might assume a place offering scheduled meditation lessons and regimented programs. In reality, it is far from an organized teaching center.

Situated in Tissamaharama in southern Sri Lanka, the place derives its name from its location, picturesquely set at an elevation in an otherwise flat terrain. This three-acre facility embodies seclusion and stands as a sanctuary of tranquility.

It is the typical hideaway, tucked away from urban landscapes and cosseted within vegetation, giving it just the character that such a place needs. At Yala Heights, no timetables govern visitors.

The very purpose of relaxation is practiced in surroundings where visitors are allowed to live at their own pace. They can do whatever they wish to achieve the peace they yearn for. In the wide expanse of the outdoors, they can choose to simply mingle with nature, lounge among the foliage, or take walks along the trails. Every move is a deliberate attempt to achieve inner peace.

The place has been designed for visitors to blend with nature. The center is isolated from noise and activity, save for the buzz of bees and the chatter of birds.

At Yala Heights, the silence is broken only by the gentle sway of the trees, while the constant breeze makes the outdoors bearable even during the day. Simply listening to nature’s diverse sounds is, in itself, a form of meditation that puts the mind at ease.



Yala Heights and Relaxation Center is the ideal getaway for a peaceful rediscovery of one’s self.

When Yala Heights was first established, the center followed a more structured program of meditation sessions and sermons conducted by Buddhist monks. Over time, however, the management chose to adopt a more flexible approach, placing greater emphasis on the individual needs and preferences of each visitor. The idea was to create a retreat where every guest is made to feel special, with the freedom to spend their time in a way that best suits their personal journey. Those who travel alone, in particular, find Yala Heights an ideal setting to step away from the demands of everyday life, enjoy solitude, and engage in their preferred form of meditation and reflection.



Yala Heights Meditation and Relaxation Center, situated on three acres, is tucked away from urban landscapes.

Nevertheless, Yala Heights continues to welcome organized spiritual programs. Its main hall, which can accommodate up to 150 people, provides ample facilities for groups wishing to arrange dedicated meditation sessions, discussions, and sermons.

The management is happy to facilitate such programs, allowing the center to cater to both individual seekers and organized groups while retaining the peaceful, unhurried atmosphere that defines Yala Heights.



The chalets complement the theme of Yala Heights Meditation and Relaxation Center – simple and surrounded by nature’s solitude.

The center’s rustic vibe is reflected in every aspect of its design. Everywhere you turn, the property embraces nature, from the trees to the rocky outcrops that provide peaceful spots for meditation. Complementing the outdoors are the accommodation options, with the chalets blending seamlessly into the rural landscape.



A peaceful retreat surrounded by nature.

The three chalets for individual accommodation are fitted with AC, an attached bathroom with hot water, a wardrobe, and a balcony. The two double rooms offer the same facilities. The third option is dormitory-style accommodation, with space for up to eight people in one dormitory and six in the other. These are non-AC and have shared bathroom facilities.



Simple comforts in a serene setting.

In a setting that offers complete freedom to indulge in one’s chosen form of relaxation, the center has walking paths for those wishing to practice Sakman Bhavana. In addition, boulders with concrete pads are available for those who wish to meditate from such vantage points. Visitors are provided with mosquito nets when they choose to meditate outdoors, ensuring that their personal space is not disturbed by insects. There is also a hall for visitors who wish to engage in conversations on spiritual matters with fellow seekers or organize a special lecture.

The setting is, therefore, fluid. It is as if time stands still, allowing visitors to spend the day as they wish, focusing on the very purpose that brought them here.

Whatever they choose to do, they do so with mindfulness, respecting other people’s space, freedom, and peace.



The double rooms on the property offer the same facilities as the chalets.

The proprietor of Yala Heights Meditation and Relaxation Center, Ramesh Sanjeewa, whose own experience with meditation encouraged him to share its benefits with others, notes that the place holds historical significance. According to local accounts, more than 12,000 Arahants from Situlpawwa arrived at this location during a time of crisis when food was scarce. The Arahants traveled to Tissamaharama, to the site where the center stands today, where a particular tree came to their rescue. They ate the leaves of the Kara tree, a species still found in the garden. Today, the leaves are prepared in the center’s kitchen for visitors. They can be fried until crisp like crackers or batter-fried into a delicious snack.

The center serves a vegetarian menu, with breakfast featuring typical local specialties such as string hoppers, hoppers, or roti, while lunch consists of rice and curries. Dinner is prepared upon request, as many guests who observe the Eight Precepts choose not to eat after noon.


The walking path for Sakman Bhavana.

Ramesh emphasized that they could arrange nearby accommodation for visitors who wish to use only the center’s meditation facilities. The center, therefore, receives both local and foreign visitors, with foreigners often staying for longer periods, sometimes up to a month. They frequently step away from their frenzied lives to settle into a secluded setting, allowing themselves time to rediscover and rejuvenate, and to achieve a state of mindful living. Such a journey can be undertaken in surroundings cocooned in nature’s embrace, offering the very tranquility they often miss in their everyday lives and bringing them a sense of peace.

Complementing this desire, the center arranges yoga sessions for groups of six or more participants, conducted by a qualified instructor. Visitors seeking Ayurveda treatments can consult a physician who visits the center on request. The physician is experienced in a range of treatments, including massages and cosmetic treatments such as facials. As Ramesh looks ahead to elevating the place, he is focusing on catering to the growing demand for mindful travel and spiritual tourism. In this regard, he hopes to introduce Ayurveda as a complementary offering to support visitors in their quest to achieve a state of mindful living.

Tissamaharama is also a gateway to many historical sites, including the ancient Buddhist monastery of Situlpawwa and the Kataragama pilgrimage site. Yala National Park, which is popular for elephant and leopard sightings, is also nearby.

The center organizes safaris and tours to these places. Even visitors who wish to meditate at Situlpawwa can have this arranged by the center.



The rocky outcrops provide peaceful spots for meditation.

Ramesh wants visitors to leave with more than just memories. He hopes that every visitor who walks into his retreat will be transported into another realm, where their cares fade into oblivion, and the desire for a new chapter begins to take shape. All these efforts serve Ramesh’s mission to elevate the center into a place where visitors can come to cleanse both body and mind.

Yala Heights

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