

To whom it may concern

This is to certify that Ms. Sandra Caillet (Tara Sandra) has been employed by Talalla retreat in Sri Lanka in the position of resident Yoga teacher for 5 consecutive seasons of 3 months, from beginning of October to end of December from 2011 till 2015 included.

The work scope of Ms.Caillet has been :

- to offer two daily 90 minutes open Yoga classes to Talalla guests, every day for a 3 months period.
- to teach Private Yoga classes, therapeutic Yoga, Pranayama, Meditation, Yoga Nidra, etc. upon request of Talalla's guests.
- to prepare all material, teach and support Yoga students during a week long Yoga retreat every month.
- to assist in organizing and overseeing the smooth running of all the diverse branches of Yoga program and all Yoga activities, including scheduling and development, ensuring effective implementation for guests, including particular Yoga sequences for surfers requirements.
- to promote all Yoga services and keep a close contacts with all guests.
- to conduct Yoga consultations and assessment and in developing and scheduling personal session for Talalla's guests in the most appropriate form for their particular needs.
- to provide all the Yoga props, ensure Yoga shala and equipment are well maintained and in proper condition.
- to cooperate with Surf instructors in day-to-day operations regarding the Yoga shala, and any premises used for yoga activities.
- to make personal recommendations to Talalla's guests regarding their individual practice, offering the support of her own booklet.
- to ensure the promotion of Yoga at Talalla.

We highly appreciate Ms. Sandra Caillet work commitment, her life dedication to Yoga aspiration and her support in offering Yoga at Talalla has been priceless, constant and flourishing. We are grateful to her full work dedication and her friendly and warm and efficient contact with the local team. She is a resourceful, creative and solution-orientated person, who can quickly adjust to new conditions, come up with innovative and new approaches benefitting everyone.

Ms. Sandra Caillet proved herself as an inspiring, very knowledgeable and experienced Yoga teacher both on the physical and spiritual aspect of Yoga. She has been deeply appreciated also as she is pleasant to work with, being a hard working and reliable and conscientious person, we strongly recommend her to any of her future employers. We will greatly miss her and wish her the very best of luck and success in her career.

Best regards,


Chathura Nirosha Gajasinghe
General Manager

Talalla Retreat, 27th December 2015