



SRI LANKA, YOGA & MEDITATION

10 NIGHTS / 11 DAYS

COLOMBO - NEGOMBO – RITIGALA – EDERAGALA – PIDURANGALA – TALALLA - COLOMBO AIRPORT



Yoga and Ayurveda are two sides of the same coin when it comes to achieving mental and physical well-being while living a long and healthy life.

Yoga is a spiritual discipline based on a highly subtle science that focuses on bringing mind and body into harmony. Healthy living is both an art and a science. The word 'yoga' comes from the Sanskrit root 'yuj,' which means 'to link, yoke, or unify.' Yoga practice brings individual consciousness into alignment with universal consciousness.

Yoga connects all paths to bodily well-being, mental serenity, harmony, and moral elevation. It is one of the six systems of Indian philosophical philosophy, and it is the art of living a healthy and contented life.

YOUR ROUTING



ITINERARY

Day 01 Arrive Colombo Airport – Negombo

Upon arrival at Colombo Airport, you will be met by your car with chauffeur for the short transfer to your hotel in Negombo. (approx. 40 min drive.)

Check in to the hotel. Rest of the day free. Night in Negombo. **Note >** Early check in Not included. Standard hotel check in time 14h.

Day 02 Negombo – Sigiriya

After the breakfast proceed to Sigiriya for night stay.

(Approx. 3.5 hours' drive from Negombo to Sigiriya)

Evening yoga introduction session with the hotel's yoga instructor. (Garden area, Pool area, Nagula restaurant will be used for Yoga sessions)

Lunch, Dinner & Overnight stay at the hotel

Day 03 Sigiriya – Ritigala - Sigiriya

Proceed to Ritigala monastery for early morning yoga & meditation session with packed breakfast.

(Approx. 1 hours' drive from Hotel to Ritigala)

Enjoy a visit to the ruins > Ritigala Mountain is situated southeast of Anuradhapura and holds some of the most distinctive ruins to be found on the island. Various legends abound as to the source of the name for the mountain, the most accepted one being that the site was once home to the Yaksha tribe, one of the Indigenous tribes of ancient Ceylon. Here lie the ruins of an ancient Buddhist monastery and cave complex. Some of the most noteworthy sights are the intricately designed path leading to the monastery, a hospital with stone beds and oil baths and double platforms, two raised platforms connected by a stone bridge, used for meditation.

Return to the hotel for night stay. Lunch, Dinner & Overnight stay at the hotel.

Day 04 Sigiriya – Ederagala Temple – Sigiriya

Breakfast at the hotel. After breakfast proceed to Ederagala temple

(Approx. 15 minutes' drive from Hotel to Ederagala)

Enjoy Meditation session with a Buddhist monk > Offer "Danaya" to the monk (alms giving) and lunch at the temple. Ederagala Wana Senasuna is a Buddhist temple in a calm and quiet location in Dambulla in the Matale District of Sri Lanka. According to the inscription found in the caves, the history of this temple dates back to the 2nd – 1st century B.C. The temple is located beside the Ambepussa – Kurunegala – Trincomalee (A006) Highway, only 6km away from the Dambulla city. This experience allows you to gain some interesting insight on the lives of Sri Lankan Buddhist Monks and partake in a "Dane" is a food offering given to monks. The Dane is often preceded by chanting of pirith which blesses the audience and is one of the ways the monks interact with the general population.

Return to the hotel for night stay. Lunch, Dinner & Overnight stay at the hotel.

Day 05 Sigiriya – Pidurangala Rock – Sigiriya

Proceed to Pidurangala rock for early morning yoga session with packed breakfast. Watch sunrise at Pidurangala rock

(Approx. 30 minutes' drive from Hotel to Pidurangala)

Pidurangala is a large rock situated a couple of kilometres away from Sigiriya. The rock was home to a monastery that dates to the 1st century BC which now remains as a temple. Starting the climb through the present-day temple one comes across various caves where monks used and still live to this day. The climb takes you through lush forest on a well-made stone made path until you reach a large statue of reclining lord Buddha. From here onwards the path stops but one can reach the summit by following a rocky trail that will require scaling a few rocks. The view from the top of the rock provides a breath-taking point of view of Sigiriya and the surrounding landscape of forest, hills and lakes.

Return to the hotel for night stay. Lunch, Dinner & Overnight stay at the hotel.

Day 06 Sigiriya – Talalla

After breakfast at the hotel, proceed to Talalla for night stay.

(Approx. 5 Hours' 30 minutes' drive from Sigiriya to Talalla)

Enroute enjoy lunch at a local restaurant. In the afternoon at leisure. Dinner and overnight stay at the hotel.

Day 07 -10 Talalla

Wake up with a daily morning wellness session

Enjoy Breakfast and Lunch at wellness centre.

Welcome to barefoot luxury on the beach of South Sri Lanka. We offer an escape into our little paradise for the perfect beach vacation with panoramic view of blue ocean with turquoise water, natural sea breeze and beautiful sunset views. Have a relaxing and delightful stay with us and enjoy our beach-front spacious villas, outdoor pool, open air restaurant with the bar and all-star spa. Besides that, let us help you to create the perfect yoga, surf, and wellness treatment package or join one of our pre-designed retreats.

Wellness package Includes the following:

- 3 x meals daily plus drinks (non-alcoholic)
- 4 x morning Vinyasa Classes
- 3 x evening Restorative / Yin Classes
- 1/2-day local Sri Lanka excursion (based on retreat theme of that week)
- 60 min complimentary massage or body treatment
- 1 x 2hr Surf Lesson and access to our Surf boards and SUPS during your stay
- 3 x Pilates + Boxilates classes
- 2 x Guided Meditation sessions
- 30-minute private consult or 1:1 yoga practice
- 2 x Specialty Workshop.

Day 11 Talalla – Colombo airport Drop

Your amazing holiday in Sri Lanka has reached to the final day. After Breakfast, proceed to the Airport for the departure.

(Approx. 3 hours 45 mins' drive from Tallalla to the Airport)

We wish you a safe flight back home.... Ayubowan!

----- End of our Services -----

Please Note >

- ❖ If required, you can add / remove days in the programme.
- ❖ The programme is subject to change due to any cause.
- ❖ The activities are subject to change due to non-availability and weather conditions.
- ❖ Please always consult the programme before confirming the tour.
- ❖ Always check current Covid19 protocol before reaching Sri Lanka.