

ITINERARY - SRI LANKA

Day 1 - 03/11/26

AIRPORT - NEGOMBO

JETWING LAGOON WELLNESS HOTEL (5 STAR - BB)
TRANSFER TIME: 30 MINUTES

Upon arrival at the airport we will be warmly welcomed by our national tour guide, following which we will proceed to our 5-star accommodation, the Jetwing Lagoon Wellness Hotel. The rest of the afternoon, and evening, is ours to enjoy at our leisure.



Day 2 - 04/11/26

DAMBULLA

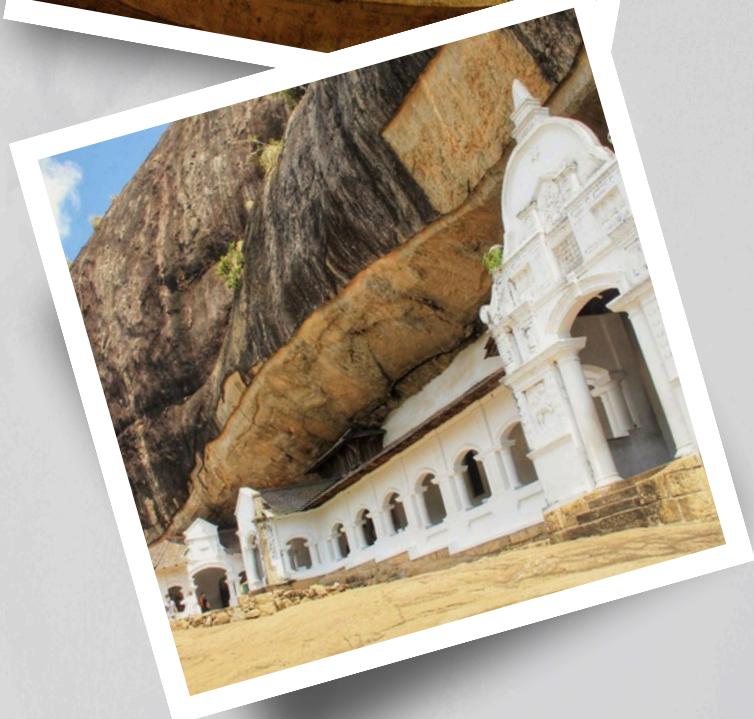
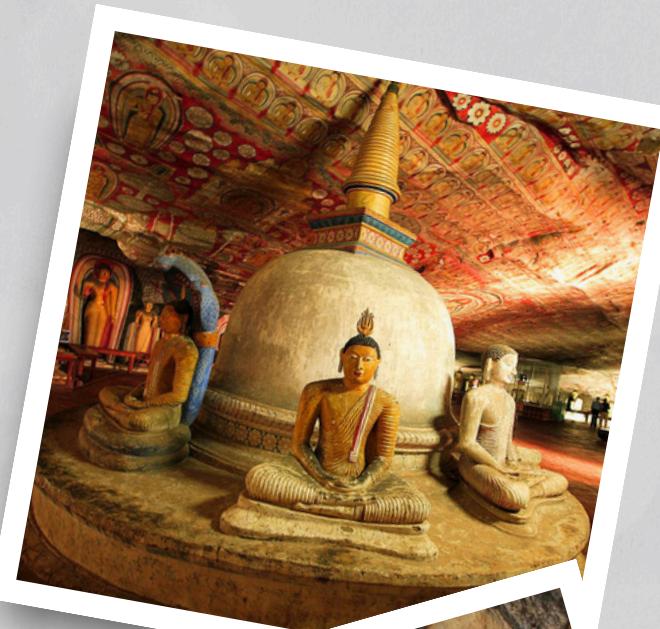
ALIYA RESORT & SPA (DELUX ROOM) (4 STAR - HB)
TRAVEL TIME: 5 HOURS
ATTRACTION TIME: 1.5 HOURS

We will depart early and travel to Sigiriya, via The Dambulla Cave Temple. The Dambulla Cave Temple is part of the Golden Triangle of Sri Lanka and is constructed into a magnificently large rock. It sits more than 160m above the surrounding land and extends more than 1.5 km around the base.

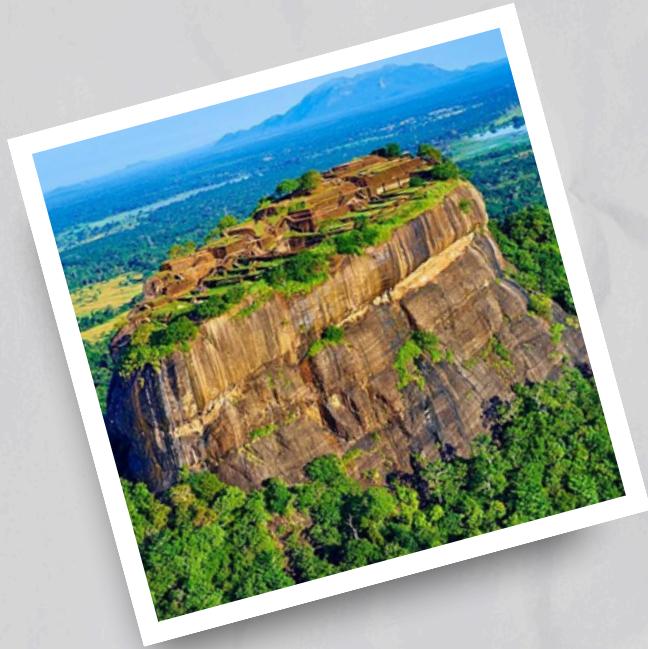
Also known as the 'Golden Temple', it was listed as a UNESCO World Heritage Site in 1991.

Initially established in the 3rd Century BCE, it remains a true wonder, being the largest and the best preserved cave temple in Sri Lanka.

After visiting Dambulla, we will proceed to our hotel, with the rest of the afternoon at our leisure.



ITINERARY - SRI LANKA



Day 3 - 05/11/26

SIGIRIYA ROCK FORTRESS

ALIYA RESORT & SPA (DELUX ROOM) (4 STAR - HB)

TRAVEL TIME: 45 MINUTES

ATTRACTION TIME: 3.5 HOURS

One of Sri Lanka's major attractions, the Sigiriya Rock Fortress was built by King Kashyapa (477-495 AD) for the purpose of protecting him from his rivals.

An UNESCO World Heritage listed site, also known as the "Fortress in the Sky".

The climb usually takes approximately 1 hour and about 45 minutes to descend.

Please wear comfortable walking shoes and bring along water, sunscreen, a hat and, most importantly, your camera.

After visiting Sigiriya, we will return to our hotel, for a yoga session before dinner.

Day 4 - 06/11/26

KANDY

AMAYA HILLS (DELUX ROOM) (4 STAR - HB)

TRAVEL TIME: 3.5 HOURS

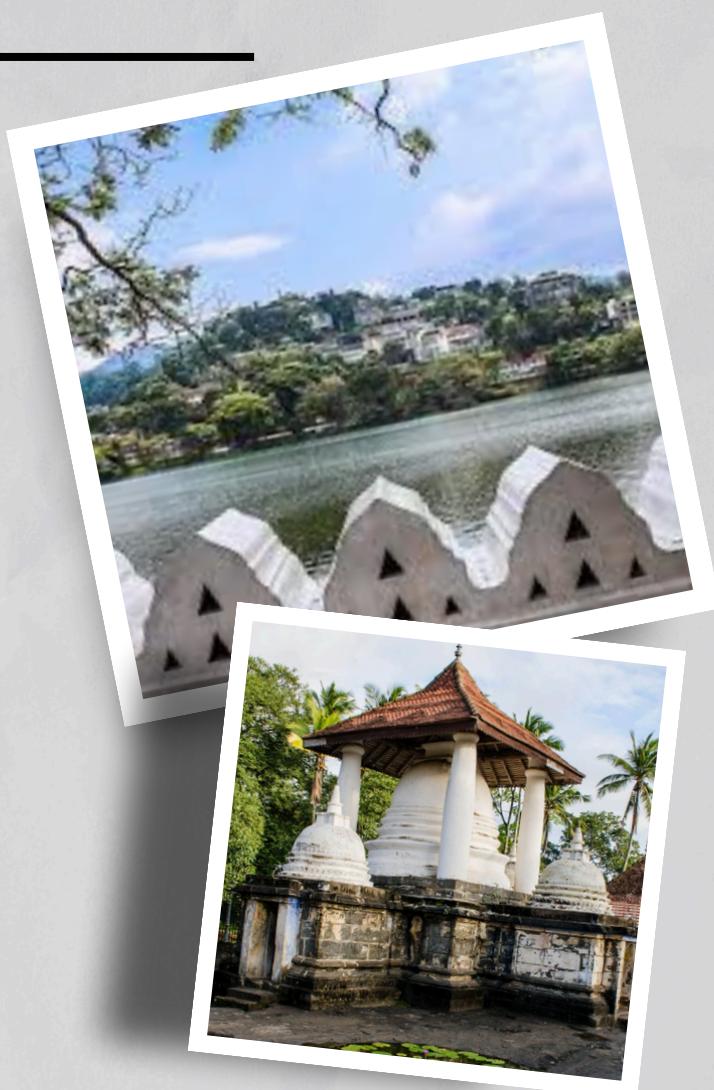
ATTRACTION TIME: 3.0 HOURS

The Temple of Tooth Relic ("Dalada Maligawa" as known to the locals) is located in Kandy. This sacred temple is also home to the palm-leaf transcripts and its history dates back to 1687. This stunning piece of architecture is instantly recognised by its octagonal shape and golden roof.

We recommend that you wear light coloured clothing, preferably white attire (although not essential). As a sign of respect please wear clothing that covers knees and shoulders and, please note, we will be leaving our shoes at the temple entry.

We can take our still cameras but a fee of Rs 300 applies for video filming.

After visiting the Tooth Temple we will enjoy Sri Lankan music and traditional dance at a Cultural Dance presentation, following which we will check into our hotel and enjoy a yoga session.



Day 5 - 07/11/26

NUWARA ELIYA

GRAND HOTEL (DELUX ROOM) (4 STAR - HB)

TRAVEL TIME: 2.5 HOURS

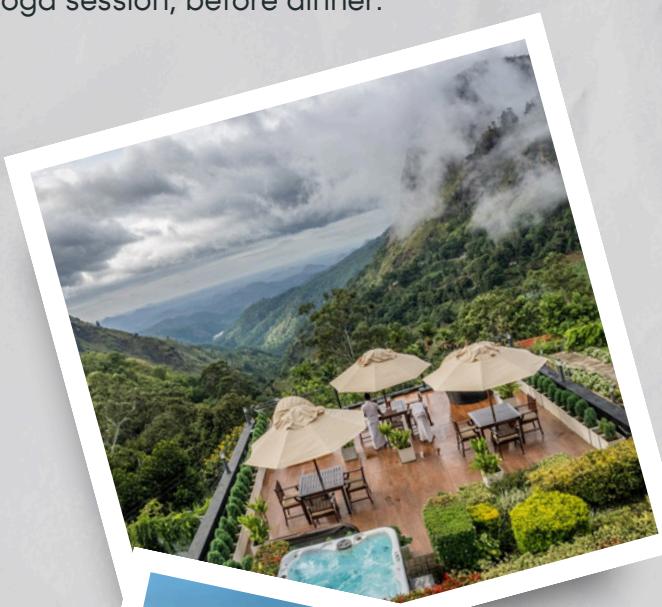
ATTRACTION TIME: 1.5 HOURS

Leaving Kandy early we head towards Newara Eliya and our overnight stay at the colonial style Grand Hotel.

On our way we shall stop at a Ceylon tea plantation and factory. There we will observe the process of manufacturing tea.

We will also learn about how tea is graded and taste a cup of pure Ceylon tea in the factory. We will also have an opportunity to purchase some of the finest teas of Sri Lanka.

After leaving the plantation we will proceed to our hotel and after lunch we shall enjoy a long yoga session, before dinner.



Day 6 - 08/11/26

TISSA/WEERAWILA

DOUBLE TREE BY HILTON (DELUX GARDEN VIEW ROOM) (4 STAR - HB)

TRAVEL TIME: 5.0 HOURS

ATTRACTION TIME: 45 MINUTES

Today we will have a 5 hour bus ride to Tissa/Weerawila, stopping at Ella Gap.

Ella, 230km from the Capital City Colombo overlooks a spectacular gap in the southern mountains. This small town is the base for many trekking expeditions to the surrounding areas. From the Ella Gap you can get a breathtaking view of the South East part of Sri Lanka. A great place for photography.

After checking into our hotel, we will have time to relax and enjoy an afternoon Yoga session.

Day 7 - 09/11/26

BENTOTA - YALA NATIONAL PARK SAFARI

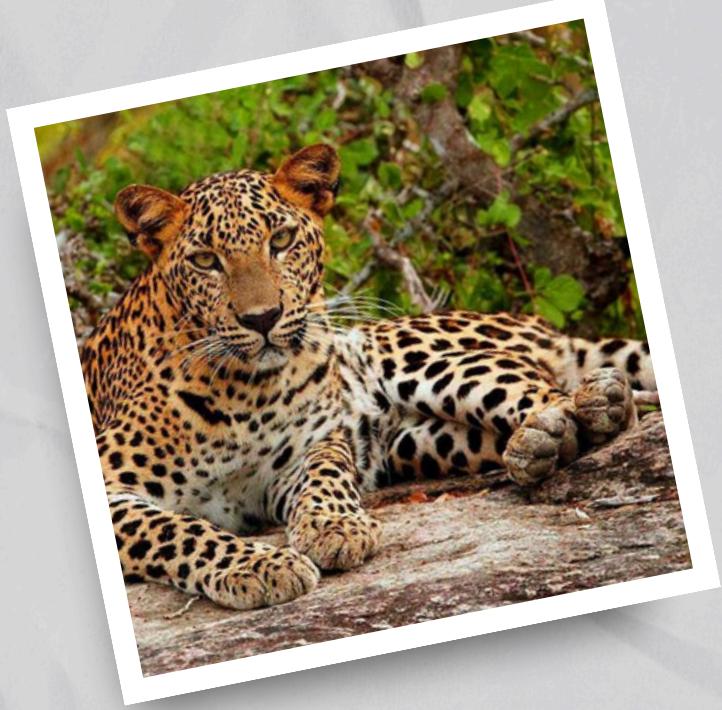
CINNAMON BENTOTA BEACH (PREMIUM TERRACE ROOM)
(5 STAR - HB)
TRAVEL TIME: 4.0 HOURS
ATTRACTION TIME: 4.0 HOURS

Yala National Park is the largest National Park in Sri Lanka and the best location to sight and photograph the rare and remarkable Sri Lankan leopards.

Other highlights of Yala include the herd of wild elephants, bears, wild boars, buffalos, deer, crocodiles and many species of birds.

The vegetation ranges from open parkland to dense jungle. There is also an abundance of water supply for animals and birds ranging from waterholes, streams, small lakes to lagoons.

If possible, please wear natural tones/earthy colours and comfortable walking shoes and please bring water, sunscreen, mosquito repellent and a camera.



Day 8 - 10/11/26

BENTOTA - GALLE - BENTOTA

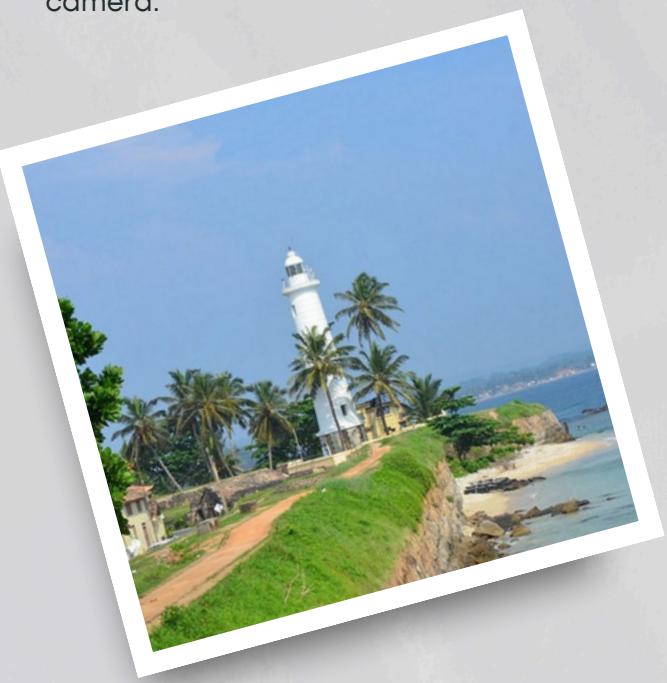
CINNAMON BENTOTA BEACH (PREMIUM TERRACE ROOM)
(5 STAR - HB)
TRAVEL TIME: 3 HOURS
ATTRACTION TIME: 5.5 HOURS

Experience Sri Lankan culinary art by attending an authentic cooking class, presented by Karuna from Sonja's Restaurant.

During the class you will participate in the preparation of 5-6 authentic Sri Lankan dishes. Karuna will take you to the Galle Market to purchase the ingredients that will be required for the cooking class. Learn about common spices and techniques as you create your tantalising feast. At the end of the class sit back and enjoy the mouth-watering dishes just prepared.

Following the class, we will have an informative and interesting tour through historic Galle, visiting Galle Fort, Old Dutch Church and the Rampart Walk.

As well, we will have plenty of free time for shopping and another yoga session in the afternoon.

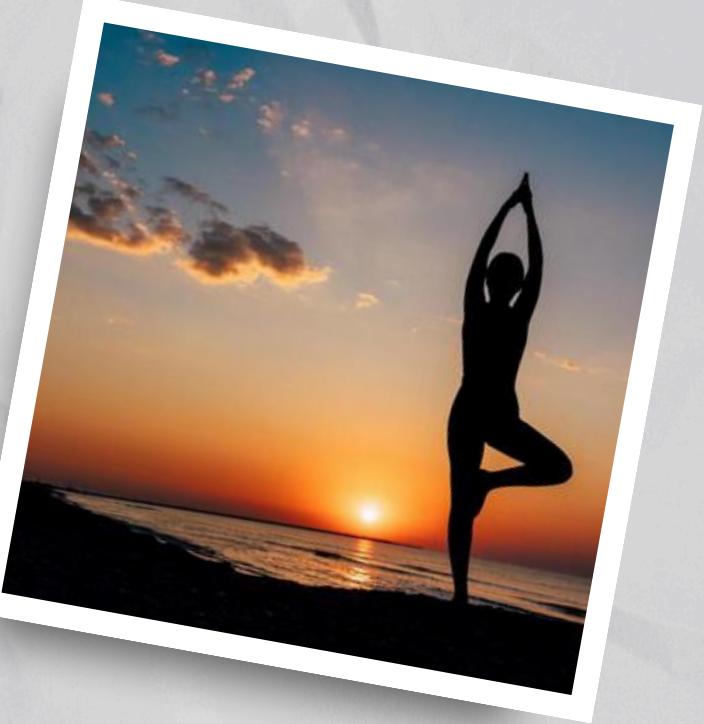


Day 9 - 11/11/26

BENTOTA

CINNAMON BENTOTA BEACH (PREMIUM TERRACE ROOM)
(5 STAR - HB)

Today is the start of our Yoga Retreat, with sessions both in the morning and afternoon. If you wish to take a quick shopping trip during the day, a vehicle and our national tour guide will be at our disposal.



Day 10 - 12/11/26

Day 10 - 12/11/26

BENTOTA

CINNAMON BENTOTA BEACH (PREMIUM TERRACE ROOM)
(5 STAR - HB)

Our second day of our Retreat will start with a casual breakfast and sessions both before and after lunch.

A vehicle and our guide will be available should you wish to take a quick trip in the area.

BENTOTA - COLOMBO - NEGOMBO

JETWING BLUE (DELUX ROOM)

After an early breakfast we shall enjoy our last yoga session of the Retreat following which we shall be transferred to Colombo where we will enjoy a Tuk Tuk tour of the city.

After a few hours to relax at our hotel, we will be transferred to the airport for our flights home.

HOTEL BOARD KEY

BB - Bed and Breakfast

HB - Bed, Breakfast and Dinner



INCLUSIONS

- 11 nights accommodation, including meals, as per itinerary
- Airport transfers
- Airconditioned luxury bus transportation (unless otherwise described)
- Service of an English speaking national guide
- Entry fees into attractions (unless otherwise described)
- Activity costs (unless otherwise described)
- Jeep and guide hire at Yala National Park
- Applicable taxes

EXCLUSIONS

- Airfares
- Tips and other expenses of a personal nature
- All entrance fees, tours and excursions that are not mentioned in the itinerary
- Private arrival and departure transfers
- Camera and video recording permit charges at certain locations. (Please consult the tour guide).
- Any other items not included in 'Inclusions'