



TOUR ITINERARY

Body Mind & Soul

DAY 01 AIRPORT / KATUNAYAKE Drive Time: Approx. 10 Min

Upon arrival, accommodation: Tamarind Tree Hotel Katunayake (Standard Room)

<https://www.tamarindtreehotels.com/>

No meals

DAY 02 NEGOMBO / DAMBULLA Drive Time: Approx. 3 ½ hours

On arrival check in to the Ayurveda retreat for lunch (Non-alcoholic vegetarian foods)
All Ayurveda treatments are based on individual diagnosis, acupuncture treatment, yoga and meditation and more.

Accommodation:

STD: Galkadawala Forest Lodge <https://www.galkadawala.com/>

DLX: Amuna Ayurveda Retreat – Dambulla <https://www.amunaayurvedaretreat.com/>

Meals: Lunch/Dinner/Breakfast

DAY 03 DAMBULLA

Morning Yoga session & Ayurveda treatments

Optional: Visit Sigiriya Rock Fortress.

Accommodation:

STD: Galkadawala Forest Lodge <https://www.galkadawala.com/>

DLX: Amuna Ayurveda Retreat – Dambulla <https://www.amunaayurvedaretreat.com/>

Meals: Lunch/Dinner/Breakfast

DAY 04 DAMBULLA

Morning Yoga session.

Optional: Visit Dambulla cave temple.

Optional: Visit Polonnaruwa ruins

Accommodation <https://www.amunaayurvedaretreat.com/>

STD: Galkadawala Forest Lodge <https://www.galkadawala.com/>

DLX: Amuna Ayurveda Retreat – Dambulla

Meals: Lunch/Dinner/Breakfast

DAY 05 DAMBULL / MATALE / KANDY Drive Time: Approx. 2 hours

Visit Spice garden & a Batik factory in Matale.

In the evening check in to Ayurveda retreat in Kandy.

Accommodation:

STD: The Kandy Samadhi Center

<http://www.thekandysamadhicentre.com/>

DLX: Santani Wellness Resort & Spa

https://www.santani.lk/?utm_source=google&utm_medium=gmb

Meals: Lunch/Dinner/Breakfast

DAY 06 KANDY

Spa treatments & Yoga in the hotel.

Optional: Visit Temple of the Sacred Tooth Relic and local markets.
Visit Kandy City Centre - Gem museum & lapidary.
In the evening enjoy cultural dance with drum performance.

Accommodation:

STD: The Kandy Samadhi Center

<http://www.thekandysamadhi.com/>

DLX: Santani Wellness Resort & Spa

https://www.santani.lk/?utm_source=google&utm_medium=gmb

Meals: Lunch/Dinner/Breakfast

DAY 07 KANDY / WADDUWA or BERUWALA Drive Time: Approx. 4 hours

Yoga session at the retreat. Transfer to the Ayurveda beach hotel.
In the evening attend to Ayurveda treatments. Immerse yourself in traditional and ancient Ayurveda treatments that will revitalize your mind, body and soul.

Accommodation

STD: Siddhalepa Ayurveda Health Resort – Wadduwa <https://www.siddhaleparesort.com/>

DLX: Heritance Ayurveda Mahagedara <https://www.heritancehotels.com/ayurveda/>

Meals: Lunch/Dinner/Breakfast

DAY 08 / DAY 09 **WADDUWA or BERUWALA**

Ayurveda treatments at the retreat.

Experienced Ayurveda doctors and therapists will give you a customized treatment package, including a special diet that will melt away your stress and remove the toxins accumulated in your body.

Escape into a world of tranquility, still water adorned with lotus flowers, yoga, meditation and an ambiance of total peace disturbed only by the soft sound of the surf and the chirping of birds.

Accommodation:

STD: Siddhalepa Ayurveda Health Resort – Wadduwa <https://www.siddhaleparesort.com/>

DLX: Heritance Ayurveda Mahagedara <https://www.heritancehotels.com/ayurveda/>

Meals: Lunch/Dinner/Breakfast

DAY 10 **DEPARTURE**
