

Sri Lanka | Yoga

10 days / 9 nights | 24 Oct to 2 Nov 2018



Recapture your spark and reawaken your inner self through the ancient healing arts of yoga and meditation.

Indulge and unwind in beautiful Sri Lanka while releasing the everyday stress of life, returning your whole body to a place of balance and harmony.

This wellness holiday is truly a gift to yourself.

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Itinerary at a glance | 10 days. 9 nights

DAY 1: Wed 24 Oct

Welcome to Sri Lanka.
Private group transfer to the hotel
Maniumpathy Colombo overnight

DAY 2: Thu 25 Oct

Enjoy the scrumptious breakfast at the hotel
Afterwards proceed to Kandy by train.
Kandy Samadhi Centre, Standard Room

DAY 3: Fri 26 Oct

Enjoy the breakfast
Full day yoga session at the hotel. Or relax.
Kandy Samadhi Centre, Standard Room

DAY 4: Sat 27 Oct

Breakfast at the hotel
Transfer to Gal Oya. Lodge check in
Yoga & meditation before dinner
Gal Oya Lodge, Bungalow Room

DAY 5: Sun 28 Oct

Breakfast at the hotel.
Today we join a safari. After driving through the Gal Oya national park we will embark on a boat, cruising over the Gal Oya lake, spotting wildlife.
Gal Oya lodge, Bungalow Room

DAY 6: Mon 29 Oct

Breakfast at the hotel.
Travel to the beach area of Tangalle
Talalla Retreat, Standard room - non a/c

DAY 7: Tue 30 Oct

Full day yoga session at the hotel
Talalla Retreat, Standard room - non a/c



DAY 8: Wed 31 Oct

Morning yoga, breakfast
Day of leisure
Talalla Retreat, Standard room - non a/c

DAY 9: Thu 1 Nov

Morning Yoga, breakfast
Enjoy the beach
Talalla Retreat, Standard Room - non a/c

DAY 10: Fri 2 Nov

Proceed to the airport in time to connect with the departure flight
A high speed train departs around 1500, arrives Colombo around 1730

Tour ends

INCLUSIONS

- 9 nights accommodation
- Meals at Kandy Samadhi Centre, Gal Oya Lodge and Talalla Retreat
- All sightseeing activities, incl. entrance fees & local guides
- Fully escorted
- For full itinerary and terms & conditions, please visit website at www.jhtours.com.au

TOUR PRICE - LAND ONLY 10 days / 9 nights

\$ 3,790 per person twin share
\$ 4,790 solo traveller

EXCLUSIONS

- Airfares & taxes
- Anything of a personal nature
- Tours or activities outside the published itinerary
- Travel insurance
- Passport, visa fees & departure taxes
- Excess baggage
- Transfers outside the group transfers

IMPORTANT NOTES

Prices are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change. Please refer to our terms and conditions at www.jhtours.com.au