

6-Day Yoga & Wellness Retreat in Kandy, Sri Lanka

“A journey of balance, stillness, and connection within the heart of the hill country.”

Day 01 – Arrival & Connection with Self and Nature

Morning / Afternoon

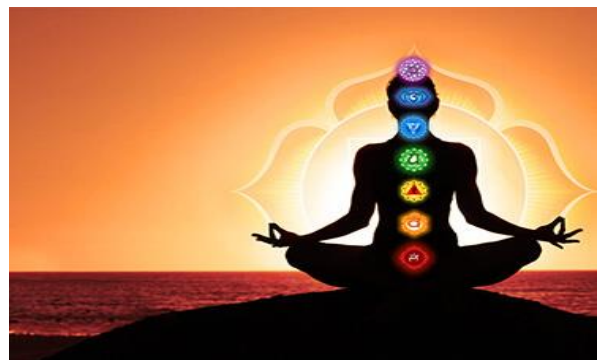
- You'll be warmly welcomed at **Bandaranaike International Airport**, where the gentle tropical breeze and smiles of Sri Lanka greet you.
- Begin your scenic drive to **Kandy**, weaving through lush tea plantations, misty hills, and village life.
- Enjoy a **traditional Sri Lankan lunch** en route

3:00 PM – Check-In

- Arrive at the peaceful **Kandy Resort**, overlooking rolling green valleys and the tranquil sound of birdsong.
- After settling in, take a quiet moment by the garden or pool to absorb the serenity around you.

Evening

- Join your group for a **gentle ice-breaking circle**, guided by your retreat facilitator. Through laughter and light sharing, you'll begin to know each other and set personal intentions for the days ahead.
- Conclude your first day with a **mindful dinner** made from local organic produce — a wholesome meal symbolizing the start of your healing journey.
- Drift to sleep to the sound of crickets and rustling leaves.



Day 02 – The Power of Breath and Mindful Flow

6:00 AM – Pranayama Session (45 min)

- Awaken with the sunrise and gentle chanting of birds. Learn traditional breathing techniques that balance your energy — *Anulom Vilom*, *Kapalabhati*, and *Bhastrika* — guided by your Qualified Yoga Master.

7:15 AM – Hatha Yoga Practice

- Flow into an energizing Hatha sequence to stretch, strengthen, and center your mind. The session ends with a short guided *Shavasana*

9:00 AM – Breakfast

- Enjoy a nourishing breakfast

11:00 AM – Outdoor Connection Activities

- Participate in nature-based exercises — mindful walking, grounding barefoot on the earth, or a simple laughter-yoga session by the garden.
- Feel the soft earth beneath your feet and reconnect with the rhythm of nature.

2:00 PM – Lunch

- Relish a light vegetarian meal rich in local flavors and Ayurvedic balance.

6:00 PM – Meditation

- Sunset meditation by the lake or under a Bodhi tree, focusing on gratitude and awareness.

7:30 PM – Dinner

- End the day with a candlelit dinner followed by gentle instrumental music.
- Optional journaling before bed: “*What am I grateful for today?*”



Day 03 – Hiking Adventure & Kandy City Shopping

6:00 AM – Pranayama & Stretch

- Begin with breathwork and light warm-up as preparation for your nature journey.

8:00 AM – Breakfast

- Savor herbal tea with Breakfast

9:00 AM – Nature Hike to Bambaragala / Knuckles Range

- Set out on a guided trek through **Bambaragala Monastery** or the **Knuckles Mountain Range** — an emerald realm of waterfalls, caves, and chanting monks.
- Practice **walking meditation**, pausing to breathe with the wind, feel the scent of wild lemongrass, and listen to the soft hum of cicadas.
- Learn about ancient forest monasteries where monks have meditated for centuries in silence.

1:30 PM – Lunch

- Picnic lunch amid breathtaking mountain views or return to the resort for a warm meal.

Afternoon Rest

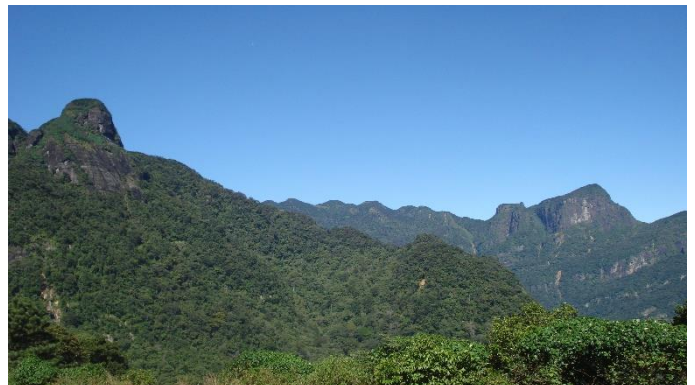
- Take a soothing herbal bath or simply relax by the garden.

5:30 PM – Kandy Shopping Excursion

- Visit **Kandy City Centre** and **local artisan markets** for gemstones, handcrafted batik, teas, and Ayurvedic products.
- Feel the pulse of local culture as the city lights up around the sacred lake.

7:30 PM – Dinner

- Dinner back at the resort. A cozy evening to share reflections and laughter about the day's adventure.



Day 04 – Sun Salutation & Cultural Immersion

6:30 AM – Surya Namaskar Exercise & Hatha Flow

- Greet the morning sun with a sequence that harmonizes strength, energy, and serenity.
- The Suriya Namaskar Exercise fill the air as sunlight filters through the trees.

8:30 AM – Breakfast

- A hearty breakfast

10:30 AM – Outdoor Leisure & Creative Activities

- Engage in light team challenges, group mindfulness games, or mandala drawing sessions to express creativity.
- Optional swimming or quiet reading under the shade of palm trees.

2:00 PM – Lunch

- A fusion of traditional and continental dishes prepared with love.

5:00 PM – Kandyan Cultural Dance Show

- Step into the vibrant world of **Kandyan Dance**, where drummers, fire performers, and dancers narrate stories of gods and warriors through rhythm and motion.
- Feel the energy of Sri Lankan heritage come alive.

7:30 PM – Dinner & Reflection

- Back at the resort, a tranquil dinner followed by group reflection on how rhythm, movement, and culture mirror the flow of yoga.



Day 05 – Temple Serenity & Deep Inner Peace

6:30 AM – Outdoor Meditation

- Meditative silence beside a flowing river, listening to the water as it teaches impermanence and calm.

8:30 AM – Breakfast

- Healthy fruit bowl with coconut yogurt and fresh juices.

10:30 AM – Vinyasa Yoga Flow

- Dynamic asanas blending strength and flexibility to awaken your energy channels.

2:00 PM – Lunch

- Balanced meal featuring steamed vegetables and kottu made with millets and tofu.

4:00 PM – Visit to the Temple of the Tooth (Sri Dalada Maligawa)

- A profound cultural and spiritual journey into Sri Lanka's most revered temple.
- Witness the sacred rituals and rhythmic drumming that accompany the evening *Thevava* (ceremony).
- The air is filled with the fragrance of lotus flowers and incense — a reminder of devotion and peace.

7:30 PM – Dinner

- Return to the resort for a comforting dinner. Optional moonlight meditation on the terrace.

Day 06 – Farewell & Renewal

6:30 AM – Closing Pranayama & Hatha Yoga

- Final session focusing on gratitude, renewal, and clarity serving the energies cultivated throughout the retreat.

8:00 AM – Breakfast

- Enjoy the breakfast overlooking misty hills

10:30 AM – Reflection Circle

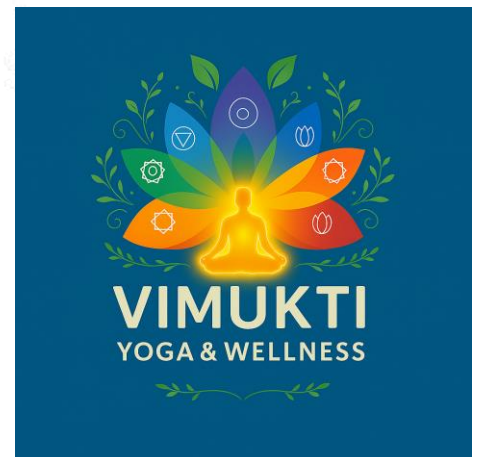
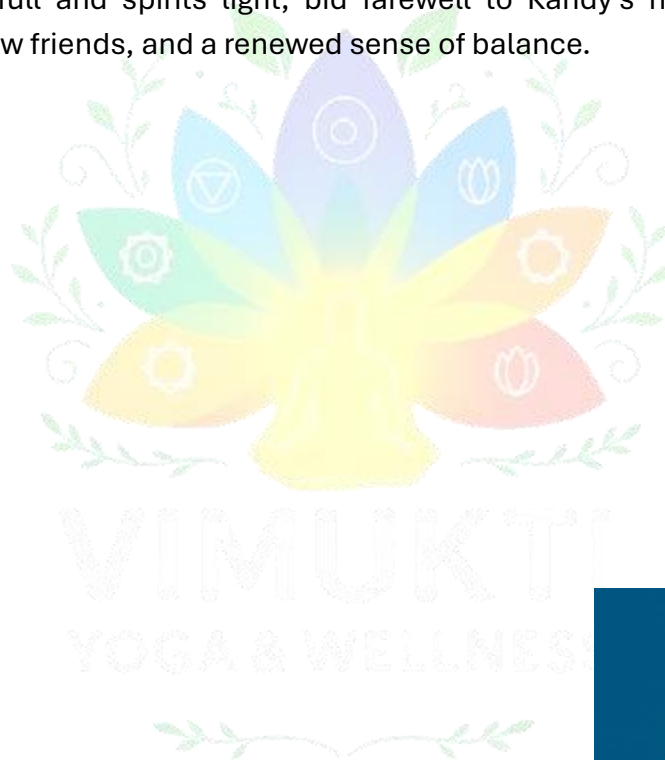
- Gather as a family to share your experiences, growth, and takeaways from the retreat.
- Exchange tokens or bracelets symbolizing peace and friendship.

2:00 PM – Lunch

- A meal infused with local and Ayurvedic flavors, celebrating your inner transformation.

Evening – Departure

- With hearts full and spirits light, bid farewell to Kandy's hills — carrying home calmness, new friends, and a renewed sense of balance.



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