

## Wellness retreat tour package - Sri Lanka 7Nights/ 8 Days



*Our Wellness Retreat tour packages are designed to offers customers holistic treatments to help them achieve physical and spiritual balance during their vacation in Sri Lanka with the science of Ayurveda. The retreat includes combination of daily yoga, meditation, experiencing authentic Ayurveda treatments along with visits to places of interest. Get set for a life changing experience and achieve spiritual peace through our 7nights and 8 days wellness retreat package.*

### Tour Itinerary

<p>Day01-03: Welcome to Sri Lanka</p> <ul style="list-style-type: none"> <li>• When you arrive at the tropical island of Sri Lanka, a representative of Fly wings tours will be waiting to greet and assist in transferring you to your hotel in Bentota, Beruwala (2hrs drive) or Tangalle (4hrs drive).</li> <li>• During your stay at the hotel Ayurveda practitioner will assess every guest's needs looking to achieving a healthy life style, detoxification using natural herbal therapies, oil massages, therapeutic treatments and special diets. During your stay at the hotel guest can relax and enjoy the holiday.</li> </ul>
<p>Day 02/03</p> <p>Day 02/03 you for your stay you will get the opportunity to relax and recover from stresses of daily hectic life. Regular group yoga sessions are conducted by experienced tutors where you will have the opportunity to participate. During your stay here you will;</p> <ul style="list-style-type: none"> <li>• Visit to Galle, Galle Fortress and experience surrounding ,</li> <li>• River Cruise</li> <li>• Visit to turtle hatchery</li> </ul>
<p>Day 04</p> <ul style="list-style-type: none"> <li>• After early breakfast you will pack your bags and transfer to Kandy (6hr drive)</li> <li>• Check in to your hotel Kandy.</li> </ul>
<p>Day 05/06</p> <p>Day 05/06 Rise early and start your day of spiritual teachings and meditation. You get to experience supreme relaxation. Participate in yoga classes and meditation workshops. During your stay here you will;</p> <ul style="list-style-type: none"> <li>• Visit to Kandy temple of tooth relic followed by Kandy City Tour &amp; sightseeing activities.</li> <li>• Experience local culture and witness cultural activities.</li> <li>• Visit Peradeniya botanical gardens.</li> </ul>
<p>Day 07 Return to Negombo or Colombo</p> <ul style="list-style-type: none"> <li>• On our return we will make a stop at Pinnawala elephant orphanage.</li> <li>• Your last evening in Sri Lanka you will spend at Negombo beach hotel.</li> </ul>
<p>Day 08 Airport Transfer</p>

You can add 2 Day extra to Standard Package (Extra Sun and Sand)

- 2 Day stay at either Mirissa, Tangalle Benthota, Beruwala (
- Madu Ganga River Cruise, Visit to Religious Places of interest, Cultural shows.
- 2 Day overnight at Star class hotel – B&B Basis.



**Contact us:**



Email: [toursflywings@gmail.com](mailto:toursflywings@gmail.com)  
call us : +46-764327854 or +94-711700177



In partnership with [www.triptravelsrilanka.com](http://www.triptravelsrilanka.com)

Visit our website to plan your perfect trip in Sri Lanka.