

Day 1 (22 Sep)

- Arrive at Colombo Airport and transfer to **Hotel Jetwing Blue** in Negombo, a modest beach town located just 10km from the Airport

Day 2 (23 Sep)

- 9 am: After breakfast transfer to **Sigiriya/Pidurangala**
- En route we visit the **Golden Temple of Dambulla**. A sacred pilgrimage site for 22 centuries, this cave monastery, with its five sanctuaries, is the largest, best-preserved **cave-temple** complex in Sri Lanka. The Buddhist mural paintings (covering an area of 2,100 m²) are of particular importance, as are the 157 statues (entrance fee included).
- Authentic Sri Lankan lunch at **Vil Uyana Forest Dwelling** (cost included).
- Arrive at **Back of Beyond Jungle Hideaway, Pidurangala** (Tree Houses and Cabins) in time for dinner.

Day 3 (24 Sep)

- 6 am: Yoga in nature & meditation to nature sounds with Nelly (before breakfast)
- 9 am: Visit **Pahala Thalkote Wewa** (lake), ideal for bird watching and views of Sigiriya and Pidurangala rocks.
- Lunch at the resort and afternoon at leisure
- 3 pm: Sri Lankan tea and getting to know each other in the group. As the tour unfolds many topics relevant to personal and spiritual growth will be covered by Nelly & Dushy
- 4.30 pm: Weather permitting, option to climb **Pidurangala rock** to catch the sunset, excellent photo opportunities before returning to the resort for dinner

Day 4 (25 Sep)

- 6 am Options: Outdoor yoga in nature & meditation to nature sounds with Nelly or photograph the Pidurangala temple and surrounding archeological ruins with Dushy (before Breakfast)
- 9 am: Depart to **Sigiriya Rock Fortress** ~ ancient Sri Lankan art, architecture and landscaping. Built over 1,600 years ago, the now sinister-looking black rock is 600 ft high (entrance at own cost for those wanting to climb Sigiriya rock)
- Proceed to **Hiriwadunna Village** to experience life in a rural Sri Lankan village. Experience a Bullock Cart ride alongside paddy fields and vegetable plantations; a catamaran safari at the Hiruwadunna reservoir and meet with village folk. Enjoy their hospitality and traditional lunch prepared in clay pots served on Lotus leaf (cost included)
- Relaxation/ group/ individual discussions with Nelly & Dushy (Soul Chrysalis) before dinner
- 9 pm: **Loris walk** ~ observe these short-tailed, arboreal and nocturnal, South Asian forest primates. (Maximum 6 persons ~ cost US \$ 5 per person)

Day 5 (26 Sep)

- 6 am Options: Outdoor yoga in nature & meditation to nature sounds with Nelly or outdoor photography with Dushy before breakfast
- 9 am: Visit the 12th century ancient city of **Polonnaruwa**. Kings ruled the central plains of Sri Lanka from **Polonnaruwa** 800 years ago, when it was a thriving commercial and religious centre (entrance at own cost) We then proceed to **Minneriya** or **Kaudulla** National Park renowned for their elephant populations (entrance fee & Jeep cost included)
- En route we will stop for lunch at a scenic location (packed vegetarian lunch & water included)
- Return to Back of Beyond Jungle Hideaway for dinner
- 9 pm: **Loris walk** for those who missed it the previous night (Maximum 6 persons ~ cost US \$ 5 per person)

TOUR ITINERARY ~ Wellness, Nature & Cultural Tour ~ Sri Lanka

22nd September – 7th October 2018

Day 6 (27 Sep)

- 6 am: Outdoor yoga in nature & meditation to nature sounds with Nelly (before breakfast)
- 9 am: Visit the sacred city of **Anuradhapura**. The ruins of **Anuradhapura** are one of South Asia's most evocative sights. The sprawling complex contains a rich collection of archaeological and architectural wonders: enormous dagobas (brick stupas), ancient pools and crumbling temples, built during Anuradhapura's thousand years of rule over Sri Lanka (entrance at own cost)
- Proceed to **Mihintale**, famous for being the place where Buddhism was introduced to Sri Lanka in 247 BC. The ruins and dagobas at Mihintale are relatively ordinary compared to those at Anuradhapura, but the setting – with rocky hills linked by beautiful old flights of stone steps shaded by frangipani trees – is gorgeous for photography.
- The packed vegetarian lunch & water will be much appreciated after the climb to Mihintale
- Relaxation/group/individual discussions with Nelly & Dushy (before dinner)

Day 7 (28 Sep)

- 6 am: Outdoor yoga in nature & meditation to nature sounds with Nelly (before breakfast)
- 9 am: Departure for the historical city of **Kandy**, which was once the capital of the ancient kings and it remains one of the country's most significant cultural and religious centers
- Visit a spice garden en route in **Matale**
- After lunch en route (at own cost) we arrive at the historical Queen's Hotel Kandy. Situated at the heart of the city, it makes exploring on foot quite easy.
- Visit the Buddhist **Temple of the Tooth** housing The **Sacred Tooth Relic** on the shore of **Kandy Lake** situated just outside the hotel in the afternoon
- A look around town and dinner (at own cost)
- Overnight at **Queen's Hotel Kandy**

Day 8 (29 Sep)

- 6 am: Walk around the Kandy Lake - street photo opportunities. Before breakfast Dushy will take you through some rustic, quirky & busy streets to take candid street photos using smart phones
- 9 am: Visit the famous **Botanical Gardens** Situated in Kandy's suburb of **Peradeniya**, dating back to 1371, formerly the royalty's pleasure garden (entrance fee included)
- Lunch on the way back to the hotel (at own cost)
- Afternoon at leisure, further exploring and souvenir shopping.
- 6 pm: **Cultural Dance show** (cost included)
- Dinner at own cost

Day 9 (30 Sep)

- 6 am: Options: Outdoor yoga by the pool with Nelly or outdoor photography by the lake with Dushy (before breakfast)
- 9 am: Transfer to **Ella**, a place of pure natural beauty in the hill country, with its scenic waterfalls and green landscapes, it is a photographer's paradise as well as a nature lover's dream
- We drive past **Nuwara Eliya**, also known as little England, a city in the tea country hills of central Sri Lanka, stopping for lunch on the way (at own cost)
- Visit a tea factory on the way
- Arrive at **Ella Jungle resort** in time for dinner (included)

Day 10 (1 Oct)

- 6 am Options: Outdoor yoga in nature & meditation to nature sounds with Nelly or outdoor photography with Dushy (before breakfast)
- 9 am: Trek to the **Little Adam's Peak** for breathtaking views (Approximately 2 hours) and visit the **Nine Arch Railway Bridge** between Ella & Demodara. Back to the resort for lunch
- Trek to **Waraka Ara** waterfall for a dip in the afternoon
- Relaxation & group discussion around log fire (before dinner)

Day 11 (2 Oct)

- 6 am Options: Outdoor yoga in nature & meditation to nature sounds with Nelly or outdoor photography with Dushy (before breakfast)
- 9 am: Transfer to **Tangalle**, via **Hambantota**, both towns in the southern coast of Sri Lanka
- Visit the protected heritage site of **Dohwa Rock Temple Haliella**, and **Buduruwagala** ancient Buddhist temple consisting of seven statues that date back to the 10th century (entrance at own cost)
- Lunch at Hotel **Jewing Kaduruketha** (included)
- Arrive at **Back of Beyond Kahandamodara** (Tangalle) for Vegetarian dinner with filtered water provided. Any extra drinks/non veg food at own cost.

Day 12 (3 Oct)

- 6 am Options: Outdoor yoga on the beach & meditation by the ocean with Nelly or beachside photography with Dushy (before breakfast)
- 9 am: An excursion to enjoy the sea at **Paradise Beach Club Mirissa** beach, use of pool and lunch at the hotel's restaurant is included
- This afternoon we visit **Ussangoda National Park** noted for its natural beauty and the archaeological significance (entrance at own cost)
- Relaxation/group discussion with Nelly & Dushy (before dinner)

Day 13 (4 Oct)

- 5 am: Early morning canoe bird watching/photography at Kalametiya Bird Sanctuary where Brackish lagoons, mangrove swamps and a myriad of wetland birds & mammals await bird watchers (Cost US \$ 10 per head maximum 12 persons)
- Back to the resort for breakfast
- Prepare your lunch, Learn to cook Sri Lankan food with Back of Beyond chef Nelson (cost included)
- Free afternoon with the option of having a nap or relaxing at the Ayurvedic Spa (at own cost)
- Relaxation/group discussion with Nelly & Dushy (before dinner)

Day 14 (5 Oct)

- 6 am: Outdoor yoga on the beach & meditation by the ocean with Nelly (before breakfast)
- 9 am: Departure for **Colombo** stopping at **Galle Fort**, which was built first in 1588 by the Portuguese, then extensively fortified by the Dutch during the 17th century from 1649 onwards. It is a historical, archaeological and architectural heritage monument.
- Lunch at one of the many boutique cafes in Galle Fort (at own cost)
- En route stop at **Ambalangoda turtle hatchery**
- Arrive and overnight at **Mt Lavinia Hotel**, the colonial residence of Sir Thomas Maitland, second British Governor, built in 1805.
- A banquet awaits you at Mt Lavinia Hotel to celebrate the amazing shared experiences

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Day 15 (6 Oct)

- 6 am Options: Outdoor yoga on the beach & meditation by the ocean with Nelly or outdoor photography with Dushy (before breakfast)
- The rest of the day is free until late checkout at 6 pm.
- For those who would like to visit the **city of Colombo**, this can be done at your own cost bearing in mind to leave enough time to get back to the hotel before 6 pm due to heavy traffic in the city.
- The coach transferring you to the airport departs the Hotel by 8.30 p.m. Grab something to eat before in case you feel hungry, as it will be a while before you get a meal on board the aircraft.

Day 16 (7 Oct) Arrival Melbourne in the afternoon

Summary

This tour is designed to take you away from the stresses of modern living allowing you to reconnect with nature and embrace its healing properties. It is not necessary for you to already know how to meditate or practice yoga. In case you do not want to practice yoga, and want to sleep longer, this is perfectly acceptable. There are plenty of opportunities for photography/exercise throughout the tour.

Yoga for beginners/intermediate

By end of the tour you would have mastered a sequence you can take home with you and practice regularly if this is your desire. Please bring your yoga mat with you.

Photography

By the end of the tour you would have mastered many photography skills that you may enlarge upon and take back some masterpieces with you if this is your desire or just enjoy playing with the camera. Learn to use the smart phone for candid and natural street photography.

Interactive Group Discussions

These discussions are mainly on subjects of personal growth on how to deal with change, the law of attraction, consciousness expanding topics on various subjects and natural ways of nourishing mind, body & spirit, so essential to this time period that we are in. If you feel the need to rest instead of joining the sessions this is perfectly acceptable.

Back of Beyond Nature Resorts (Pidurangala & Kahandamodara)

Our first stop at BOB Pidurangala offers tree houses and cabins which will be on first come, first serve booking basis. Solar powered hot water, mosquito nets and fans are provided. At Back of Beyond all meals are **vegetarian** served with filtered water. **Extra drinks and food will be at own cost**

Various

Please be mindful that most of the temples and sacred sites do not allow ladies to wear shorts. Most places provide a cloth/sarong that can be wrapped around.

Easy to remove shoes/sandals will be convenient, as temple sights do not allow footwear.

Sun hat, sun block, sunglasses, mosquito repellent, light cotton travel clothes are a must.

Back of Beyond properties offer filtered water and we urge you to bring a glass re-usable water bottle that can be easily refilled for travelling. This is to aid in the reduction of plastic bottle usage.

UNESCO World Heritage Sites of Sri Lanka

This tour covers 7 out of the 8 heritage sites of Sri Lanka.

Sigiriya rock fortress; Dambulla Cave Temple; Sacred cities of Kandy, Polonnaruwa and Anuradhapura; Galle fort; Central highlands of Sri Lanka

LIST OF HOTELS

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| Day | Hotel | No of nights | BB | HB | FB |
|-----------|----------------------------------|--------------|----|----|----|
| 1 | Jetwing Blue Negombo | 1 | 1 | | |
| 2,3,4,5,6 | Back of Beyond / Pidurangala | 5 | | 1 | 4 |
| 7,8 | Queens Hotel Kandy | 2 | 2 | | |
| 9,10 | Ella Jungle Resort | 2 | 1 | | 1 |
| 11,12,14 | Back of Beyond / Kahandamodara | 3 | | 2 | 1 |
| 15,16, | Mt Lavinia Hotel (Late checkout) | 1 | 1 | | |

NOTE: BB is bed and breakfast only. HB is dinner, bed and breakfast; FB is all meals & accommodation

COST

Based on a minimum of 12 persons on Tour, land cost (i.e. excluding flights) per person sharing

Double or Twin: USD 2'190.- Triple: USD 1'970.- Single: USD 2'790,-

FLIGHTS

Approximate price for the flight will be AUD 1000 subject to change. Call Alex Fernando at Travel Glen directly on (03) 9886 1499 or 0411 015 559 to discuss/book your flight or email alex@travelglen.com.au, sales@travelglen.com.au

PAYMENT PLAN

Deposit due by 20 April 2018 (or before, to ensure you do not miss out) **AUD500.00 per person.**

Balance due by 03 July 2018. USD/AUD conversion rate will be as per the day's rate when your payment enters our account with Westpac, less the deposit paid. The final payment can be made at any time if you feel there will be a conversion benefit.

PAYMENT OPTIONS

1) Credit Card: Visa/Master an additional 1.2% applies. Call Alex with card details

2) Direct Remittance: Westpac Travel Glen BSB 003 385 A/C no. 319389

Please note that unless minimum numbers are met (12) by April 2018, this tour can be cancelled or postponed. In such instances, any deposits paid will be refunded.

Please check out the photo gallery and web links of the individual hotels at www.soulchrysalis.com

For any further information or clarification about this tour please contact:

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Soul Chrysalis

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Quantum Intuitive Counsellor

Sound Healing Therapist

Past Life Regression Therapist

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Travel Glen

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An Encounter with Sri Lanka is to experience paradise

A Tailor Made Tour not to be missed...

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