



"GIVING & RECEIVING" RETREAT - SRI LANKA

13th -23^d March 2021

14th - 24th June 2021

22nd September - 1st October 2021



Join me in Sri Lanka Let me give you a "RISK FREE" experience!

EVERYTHING is organised for you!

Stay in a Sri Lankan village home.

Experience natural, home cooked jungle cuisine. (Western food also available)

Visit the nursery & sing songs with the children.

Help out in the classroom & share your English & reading skills.

Visit the lake & take a "bath" or wash your clothes.

Be blessed by the Monk - Learn lessons of Buddhism.

Go sight-seeing & explore Sri Lankan Culture.

Help out in the local community.

Just have FUN & be reminded of simplicity, nature & humanity.

£1,995 per person - EVERYTHING is done for you!!

WHAT'S INCLUDED

Flights (in-direct).

Visa.

Sri Lanka Airport transfers.

Accommodation – **Single rooms** (where possible).

Bed, Breakfast & Evening Meal.

Experiences in local jungle community.

Transport throughout Sri Lanka.

Local guide.

..... Priceless memories & experiences to last a lifetime.

WHAT'S NOT INCLUDED

Lunch

Drinks

Entrance fees to culture visits

Call Mandy – 07870805707 info@fit2relax.org – www.fit2relax.org