

## 13-23rd September 2021

This amazing once in a lifetime experience includes:

- 9 nights luxury accommodation
  - Flight (via Dubai)
  - Visa
- Private mini bus & driver for Airport & Excursions in Sri Lanka
- Half Board – 4 course Breakfast & 4 course Evening meal
  - All Classes - Relaxation & Mindfulness Sessions
  - Sri Lankan Cookery Lesson
  - 1 Massage of your choice
  - Afternoon Tea & Cake

WHATS NOT INCLUDED - Lunch. Drinks. Additional spa treatments. Taxi to and from Gatwick. Entrance fees for Cultural visits

WHO IS IT FOR? - Men & Women. Singles & Couples. Can be used as an opportunity to just relax or to take part in a variety of exercise & social sessions. (All optional)

WHAT TO DO NEXT –A NON-RETURNABLE deposit of £800 is required to hold your place & reserve your flight.



Once this payment has been made you are AUTOMATICALLY agreeing to the Terms & Conditions

**Shared Room – (Twin or Double) £2,950pp**

**Single Room - £3,400pp**

**To book your place:**

**Mandy 07870805707 – [www.fit2relax.org](http://www.fit2relax.org) - [info@fit2relax.org](mailto:info@fit2relax.org)**



## **Well Being Retreat & Spa in Sri Lanka – Time for YOU!**

**This luxury Sri Lankan boutique hotel with pool is based on a 50-acre organic farm between Dambulla and Kandy.**

**This retreat has 3 villas set in a tranquil 50-acre organic farm with cooling breezes & mountain views where coconut, pepper, mango, banana, papaya and cinnamon all grow in profusion.**

**You would be welcome to join us for a few gentle, calming exercise sessions, or just spend your time totally relaxing in this totally natural setting & just use this idyllic space to relax, chill out and enjoy peace & tranquillity.**

### **HIGH LIGHTS**

- **A selection of OPTIONAL Relaxation & Mindfulness style classes**
- **Free water refills. Tea and coffee.**
- **Maximum 20 people per retreat**
- **Breakfast and Dinner provided – cooked onsite. Farm fresh dining, both western and Sri Lankan style.**
- **1 hour Ayurveda spa treatment**
- **Transfers to & from 4 local Cultural excursions**
- **9 nights in Jim’s Farm luxury accommodation**

### **PROPOSED DAILY ITINERARY**

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|--------------------|--|
| <b>08.00-08.45</b> | <b>Morning class (Optional) Offered on days there is no planned cultural trip</b>  |
| <b>06.30-09.30</b> | <b>4 course breakfast with breath taking jungle views</b>  |
| <b>11.00-17.00</b> | <b>Your own time/Organised Cultural Trip/Free Relaxation Time/Explore local activities:</b>  |
|                    | <ul style="list-style-type: none"> <li>● <b>Walks.</b></li> <li>● <b>Bike rides.</b></li> <li>● <b>Local Tuk Tuk rides.</b></li> <li>● <b>Visit local temples.</b></li> <li>● <b>Learn to cook traditional Sri Lankan rice and curry by helping the local chefs prepare food.</b></li> <li>● <b>Milking the farm cows or taking a jungle farm tour</b></li> <li>● <b>Relax and use the swimming pool &amp; Enjoy an Ayurveda spa treatment.</b></li> </ul> |
| <b>17.00-17.45</b> | <b>Evening class (Optional) Offered on days there is no planned cultural trip</b>  |
| <b>19.00</b>       | <b>Pre-Dinner Drinks &amp; nibbles (Drinks payable)</b>  |
| <b>19.30</b>       | <b>4 course dinner overlooking the view of the jungle</b>  |