

Travel Program

Sri Lanka

Immersive Journey · April 18 → May 2, 2025

Two weeks to let yourself be transformed by the gentle rhythm, tropical vibes, and timeless wisdom of the island.

Day 1 — Arrival in Colombo → Negombo

Warm welcome, opening circle, shared dinner.
Time to breathe and settle after the journey.

Day 2 — Negombo → Cultural Triangle

Morning yoga, journey to Anuradhapura or Sigiriya.
Stop at a local market.
Introductory evening: history, food, and simple breathwork practices.

Day 3 — Temples & Encounters

Visit a sacred site, temple meditation, and meeting with a local guide.
Shared meal at a local home.

Day 4 — Sigiriya / Dambulla → Kandy

Morning climb of Sigiriya Rock (optional).
Journey to Kandy.
Evening chant / kirtan and shared dinner.

Day 5 — Kandy, Gardens & Temple of the Tooth

Visit the Temple of the Tooth and Peradeniya Botanical Gardens.
Gentle yoga at sunset + sharing circle.

Day 6 — Kandy → Tea Region (Nuwara Eliya / Ella)

Panoramic train ride or road transfer to tea plantations.
Tea workshop and gentle walk.
Relaxed evening.

Day 7 — Hike & Breathwork

Sunrise yoga.
Panoramic hike with collective breathwork at the summit.
Evening gathering and integration.

Day 8 — Journey to East / South Coast

Peaceful beaches and fishing villages.
Yoga on the sand at sunset.
Optional surf initiation.

Day 9 — Beach & Local Community

Free morning.
Cooking workshop with locals.
Evening around the fire or moonlight meditation.

Day 10 — Marine Safari / Relaxation

Whale watching (seasonal) or coastal relaxation.
Optional massage.
Evening sound workshop and traditional chants.

Day 11 — Galle & Colonial Fort

Explore the streets and artisans of the fort.
Gentle yoga and convivial dinner at the end of the day.

Day 12 — Rejuvenation Day

Yoga, meditation, breathwork, cold baths or sauna.
Free time for writing, painting, resting.
Evening sharing circle.

Day 13 — Nature Exploration / Reserve

Excursion in a nature reserve to observe wildlife and walk in nature. Return to the coast.

Day 14 — Last Moments & Celebration

Free morning.
Closing workshop: sharing, cacao ceremony or chants, festive dinner.

Day 15 — Colombo → Departure

Transfer according to flights.
Farewell brunch, final exchanges.
Heart full, suitcase full of memories and new impulses.

Practical Notes & Options

Accommodation: guesthouses, homestays, small hotels (private or shared, depending on your preference).

Meals: 2 meals or 3 meals per day included (breakfast + lunch and/or dinner depending on the day). Local cuisine, fresh ingredients, often organic/local.

Included transportation: transfers, taxis, or private bus depending on the group. International flight not included.

Included activities: yoga (morning or evening depending on the day), meditation, group breathwork, cultural workshops, visits and hikes as described. Massages and individual treatments available à la carte (not included).

Level: accessible to everyone. Varied but adaptable walks, yoga practices tailored to all levels.

Estimated price: €1,500–€1,700 depending on accommodation choices and options. Final price to be confirmed.

Payment / booking: pre-booking by private message to Marie-Emmanuelle; initial deposit €250.