

SATURDAY

ARRIVAL IN COLOMBO  
PICK UP > LANKA YOGA (2 HOURS)  
2 PM CHECK IN  
4:30 PM WELCOME CIRCLE  
6:30 PM DINNER AT LANKA

SUNDAY

7:30 AM AWAKENING PRACTICE  
9:30 AM BREAKFAST  
11 AM OPTIONAL SURFING EXCURSION  
2 PM LUNCH  
FREE TIME  
5 PM RESTORATIVE  
6:30 PM DINNER AT LANKA

MONDAY

7:30 AM AWAKENING PRACTICE  
9:30 AM BREAKFAST  
11 AM DEPART FOR GALLE (30 MINUTES)  
EXPLORE/SHOP  
1:30 PM LUNCH IN GALLE  
3 PM DEPART FOR LANKA  
5 PM RESTORATIVE  
6:30 PM DINNER AT LANKA

TUESDAY

7:30 AM AWAKENING PRACTICE  
9:30 AM BREAKFAST  
11 AM OPTIONAL CINNAMON ISLAND TOUR  
3 PM RETURN HOME  
5 PM RESTORATIVE  
6:30 PM DINNER AT LANKA

WEDNESDAY

4:30 AM PICK UP FOR UDUWALAWE  
NATIONAL PARK  
7 AM ARRIVAL / COFFEE STOP  
8-11 AM SAFARI  
12 PM LUNCH NEARBY  
1:30 PM DEPART FOR HOME  
4 PM ARRIVE AT LANKA  
5 PM OPTIONAL RESTORATIVE  
6:30 PM DINNER AT LANKA

THURSDAY

7:30 AM AWAKENING PRACTICE  
9:30 AM BREAKFAST  
FREE TIME/BEACH DAY  
2 PM LUNCH  
5 PM RESTORATIVE  
6:30 PM DINNER OUT

FRIDAY

7:30-9:30 AM 108 PRACTICE  
9:30 AM BREAKFAST  
FREE TIME  
2 PM LUNCH  
6 PM CLOSING CELEBRATION + DINNER

SATURDAY

DEPARTURE DAY