



EDWARDS COLLECTION

WELLNESS

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LUXURY WELLNESS RETREATS BY EDWARDS COLLECTION

Edwards Collection, renowned for its luxurious properties and exceptional service, offers a range of wellness retreats designed to provide the ultimate in comfort and rejuvenation. We have carefully curated a variety of retreats at two of our most iconic properties, **The Hermitage in Kandy** and Villa Mayurana in Ahangama. Each retreat is meticulously curated to ensure guests experience the highest level of relaxation and well-being. Here are some of the standout wellness retreats offered at various Edwards Collection properties.

Wellness retreats are invaluable for those seeking to improve their health, reduce stress, and reconnect with themselves. The Edwards Collection's luxury wellness retreats offer an unparalleled experience, combining comfort, excellent service, and holistic well-being in some of the most beautiful settings in Sri Lanka. Each retreat is designed to provide a serene escape and a transformative journey towards better health and inner peace.

THE HERMITAGE KANDY

The Hermitage in Kandy lives up to its name, offering a secluded and luxurious retreat amidst tranquil hills. With breathtaking mountain views, this boutique hideaway provides complete privacy and serenity.

Guests enjoy elegant suites with open-air bathrooms, a peaceful infinity pool, personalized yoga, and indulgent spa treatments. With a gourmet kitchen serving exquisite cuisine, a private tea garden, and meditation pavilions, The Hermitage is an intimate escape where the spirit of Sri Lanka's rich heritage and natural beauty come alive. Conveniently close to Kandy's iconic sites, it perfectly blends Sri Lanka's natural beauty and cultural richness.



THE HERMITAGE KANDY

The Hermitage is a secluded wellness sanctuary nestled on the serene banks of the Victoria Reservoir in Kandy. Surrounded by lush forest and misty hills, it offers an immersive escape into nature, silence, and stillness.

Ideal for those seeking deep rest, reflection, and renewal, The Hermitage blends minimalist luxury with ancient healing traditions. Guests can enjoy curated wellness programs including yoga, meditation, guided forest walks, and mindful dining.

With just a few hand-crafted suites, personalized service, and uninterrupted views of water and wilderness, The Hermitage is where peace truly lives.





RETREATS AT THE HERMITAGE

- **SERENITY RETREAT**
- **LUXURY WELLNESS**
- **NATURE RETREATS**
- **YOGA RETREAT**
- **HOLISTIC HEALING**
- **AYURVEDA RETREAT**



A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS SERENITY RETREAT

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & INTRODUCTION TO WELLNESS

DAY 2: DEEPENING HOLISTIC PRACTICES

DAY 3: EXPLORING WELLNESS PRACTICES

DAY 4: CULTURAL & CULINARY IMMERSION

DAY 5: SPIRITUAL & HOLISTIC PRACTICES

DAY 6: INTEGRATION & REFLECTION

DAY 7: REFLECTION & FAREWELL

DAY 1: ARRIVAL & INTRODUCTION TO WELLNESS

Morning:

- Arrival and Check-In: Guests arrive, check-in, and settle into their accommodations.
- Welcome Session: Introduction to the retreat, schedule overview, and meet the facilitators.

Afternoon:

- Introduction to Ayurveda Workshop (1 hour): Overview of Ayurvedic principles and practices, followed by individual consultations with an Ayurvedic doctor to assess health and wellness goals.
- Lunch: Healthy, plant-based meal with Ayurvedic influence.

Evening:

- Gentle Yoga Session (1 hour): Light yoga practice to relax and unwind.
- Guided Evening Meditation (30 minutes): Initial meditation session focused on breath awareness.
- Dinner: Nutritious vegetarian meal.
- Daily Massage (1 hour): Relaxing massage to ease travel fatigue and promote relaxation.

DAY 2: DEEPENING HOLISTIC PRACTICES

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to start the day with energy and clarity.
- Breakfast: Light and nourishing meal.
- Free time to explore the resort and its surroundings

Afternoon:

- Detoxifying Lunch: Meal designed to support detoxification.
- Nature Walk (1.5 hours): Guided walk in nature to connect with the environment and enhance mindfulness.

Evening:

- Yin Yoga Session (1 hour): Slow-paced yoga targeting deep connective tissues to release tension.
- Dinner: Wholesome, plant-based meal.
- Daily Massage (1 hour): Soothing massage to promote relaxation and well-being.

DAY 3: EXPLORING WELLNESS PRACTICES

Morning:

- Sunrise Meditation (30 minutes): Morning meditation session to enhance focus and tranquillity.
- Breakfast: Light and healthy meal.
- Ayurvedic Detox Treatment (1.5 hours): Personalized Ayurvedic detox treatments such as Panchakarma.

Afternoon:

- Lunch: Healthy and balanced meal.
- Free Time: Enjoy the resort's amenities, such as the pool or spa. Or take an excursion to The Temple of the tooth and a boat ride.

Evening:

- Restorative Yoga Session (1 hour): Gentle yoga practice to promote deep relaxation and stress relief.
- Dinner: Healthy, plant-based meal.
- Daily Massage (1 hour): Evening massage to ensure relaxation and rejuvenation.

DAY 4: CULTURAL & CULINARY IMMERSION

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to energize the body and mind.
- Breakfast: Nutritious and balanced meal.
- Visit to a Local Market (2 hours): Explore a local market to learn about and source fresh ingredients for the cookery lesson.

Afternoon:

- Lunch: Enjoy a meal featuring locally sourced ingredients.
- Local Cookery Lesson (2 hours): Hands-on cooking class to learn how to prepare traditional, healthy dishes.

Evening:

- Dinner: Enjoy the dishes prepared during the cookery lesson while enjoying soothing music performed by a local flautist.
- Daily Massage (1 hour): Evening massage to promote relaxation and well-being.

DAY 5: SPIRITUAL & HOLISTIC PRACTICES

Morning:

- Sunrise Meditation (30 minutes): Morning meditation session to start the day with mindfulness and calm.
- Breakfast: Light and healthy meal.
- Buddhist Meditation Session (1 hour): Guided meditation session focusing on Buddhist techniques.

Afternoon:

- Lunch: Wholesome, plant-based meal.
- Ayurvedic Spa Treatment (1.5 hours): Personalized Ayurvedic spa treatments to enhance well-being.

Evening:

- Dinner: Fresh, organic meal.
- Cultural Show (1.5 hours): Enjoy a traditional cultural performance showcasing local music, dance, and heritage.
- Free Time.

DAY 6: INTEGRATION & REFLECTION

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to start the day with energy and focus.
- Breakfast: Healthy and energizing meal.
- Herbal Steam Bath (1 hour): Detoxifying steam bath to cleanse and rejuvenate.

Afternoon:

- Lunch: Light and nutritious meal.
- Afternoon exploring the Kandy Town and Helga's Folly or a painting lesson with artist Raju.

Evening:

- Restorative Yoga Session (1 hour): Gentle yoga practice to promote deep relaxation.
- Dinner: Featuring local cuisine.
- Daily Massage (1 hour): Evening massage to ensure relaxation and rejuvenation.

DAY 7: REFLECTION & FAREWELL

Morning:

- Sunrise Meditation (30 minutes): Morning meditation session to start the day with clarity and calm.
- Breakfast: Light and healthy meal.
- Closing Circle (1 hour): Group reflection on the retreat experience, sharing insights, and setting intentions for maintaining wellness practices at home.

Afternoon:

- Lunch: Final communal meal to celebrate the retreat experience.
- Free Time: Opportunity to enjoy the resort's amenities or take a final walk in nature.

Evening:

- Farewell Dinner: Special dinner featuring the best of local and Ayurvedic cuisine.
- Daily Massage (1 hour): Final massage session to ensure relaxation and rejuvenation.

Departure:

- Check-Out and Farewell: Guests depart with a renewed sense of well-being and equipped with tools and practices to continue their holistic wellness journey.

A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS LUXURY WELLNESS

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & PERSONALIZED WELLNESS INTRODUCTION

DAY 2: PERSONALIZED WELLNESS EXPERIENCES

DAY 3: INTEGRATION & DEPARTURE

DAY 4: CULTURAL EXPLORATION & RELAXATION

DAY 5: CULINARY & MUSICAL DELIGHTS

DAY 6: CULTURAL IMMERSION & WELLNESS

DAY 7: SPIRITUAL ENRICHMENT & FAREWELL

DAY 1: ARRIVAL & PERSONALIZED WELLNESS INTRODUCTION

Morning:

- Arrival and Check-In: Guests arrive at the luxurious accommodations, greeted with personalized amenities and welcome gifts.
- Wellness Consultation: Individual consultation with an Ayurvedic doctor to assess health and wellness goals.

Afternoon:

- Introduction to Luxury Wellness Retreat (1 hour): Welcome session introducing the retreat program, personalized schedules, and exclusive amenities.
- Gourmet Lunch: Indulge in a gourmet meal prepared with fresh, locally sourced ingredients.

Evening:

- Private Yoga Session (1 hour): Personalized yoga session tailored to guest preferences and wellness goals.
- Gourmet Dinner: Fine dining experience featuring healthy, Ayurvedic-inspired cuisine.
- Cultural Show: Evening entertainment showcasing local music, dance, and cultural performances.

DAY 2: PERSONALIZED WELLNESS EXPERIENCES

Morning:

- Sunrise Meditation (30 minutes): Guided meditation session to start the day with relaxation and mental clarity.
- Gourmet Breakfast: Sumptuous meal offering a variety of nutritious options.

Late Morning:

- Cooking Class (1.5 hours): Learn to prepare Ayurvedic dishes under the guidance of a chef, emphasizing healthy cooking techniques and ingredient selection.

Afternoon:

- Personalized Spa Treatment (2 hours): Indulge in a luxurious spa treatment such as an Ayurvedic massage or rejuvenating facial.
- Gourmet Lunch: Feast on the meal prepared during the cooking lesson.

Evening:

- Private Guided Nature Walk (1 hour): Explore the serene surroundings on a personalized nature walk, accompanied by a knowledgeable guide.
- Dinner: Another exquisite dining experience featuring gourmet, health-conscious cuisine.

DAY 3: INTEGRATION & DEPARTURE

Morning:

- Private Yoga and Meditation Session (1 hour): Engage in a yoga and meditation session designed to promote balance and mindfulness.
- Breakfast: Meal with a selection of nutritious and energizing options.

Late Morning:

- Ayurvedic Wellness Workshop (1 hour): Educational session on Ayurvedic principles, offering insights into maintaining wellness beyond the retreat.

Afternoon:

- Free Time for Relaxation: Enjoy the resort's luxury amenities, lounge by the pool, or additional spa treatments.
- Gourmet Lunch: Meal featuring a blend of flavors and textures designed to leave a lasting impression.
- Ayurvedic steam bath.

Evening:

- Meditation (30 minutes): Guided meditation session to start the day with relaxation and mental clarity.
- Dinner: Another exquisite dining experience featuring gourmet, health-conscious cuisine.

DAY 4: CULTURAL EXPLORATION & RELAXATION

Morning:

- Yoga Session
- Gourmet Breakfast: Enjoy a nutritious meal with a focus on local flavors.
- Excursion: Guided tour of the Temple of the Tooth, followed by a relaxing boat ride through serene surroundings.

Afternoon:

- Lunch: Healthy meal at a local restaurant.

Evening:

- Dinner: Enjoy a wholesome, plant-based meal while enjoying an enchanting evening listening to live flute music.

DAY 5: CULINARY & MUSICAL DELIGHTS

Morning:

- Sunrise Yoga (1 hour): Energizing yoga session to start the day.
- Breakfast: Light and nourishing meal.

Late Morning:

- Exploring Kandy City: Free time to explore the vibrant streets, local markets, and cultural sites of Kandy.

Afternoon:

- Local Cookery Lesson (1.5 hours): Participate in a hands-on cooking class, preparing traditional Sri Lankan dishes.
- Lunch: Enjoy the delicious meal prepared during the cooking lesson.
- Spa Session

Evening:

- Dinner: Wholesome, plant-based meal.
- Cultural Dance Evening: Experience a vibrant night of traditional Sri Lankan dance performances.

DAY 6: CULTURAL IMMERSION & WELLNESS

Morning:

- Sunrise Meditation (30 minutes): Begin the day with a peaceful meditation session.
- Breakfast: Nutritious and energizing meal.
- Free Time / Spa session.

Afternoon:

- Lunch: Light and healthy meal.
- Herbal Steam Bath (1 hour): Experience a relaxing herbal steam bath to detoxify and rejuvenate the body.

Evening:

- Dinner: Gourmet meal featuring local and Ayurvedic cuisine.
- Buddhist Blessing Ceremony: Participate in a traditional Buddhist blessing for peace and well-being.

DAY 7: INTEGRATION AND FAREWELL

Morning:

- Private Yoga and Meditation Session (1 hour): Final yoga & meditation session to integrate the retreat experience.
- Breakfast: Light and nourishing meal.
- Personal Reflection Time: Time for journaling or quiet reflection to absorb the experience.

Afternoon:

- Farewell Lunch: Communal meal to celebrate the end of the retreat.
- Free Time: Enjoy the resort's amenities or explore the surroundings one last time.

Evening:

- Closing Circle (30 minutes): Group reflection on the retreat experience, sharing insights, and setting intentions for continuing practices at home.
- Dinner: Final Ayurvedic meal.
- Daily Massage (1 hour): Rasayana (rejuvenation therapy) to leave feeling revitalized and refreshed.

Departure:

- Check-Out and Farewell: Guests depart with a renewed sense of well-being and balance, ready to integrate their wellness practices into daily life.

A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS NATURE RETREAT

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & IMMERSION IN NATURE

DAY 2: EXPLORATION & CONNECTION

DAY 3: INTEGRATION & CELEBRATION

DAY 4: CULTURAL IMMERSION & RELAXATION

DAY 5: CULINARY & CULTURAL DELIGHTS

DAY 6: WELLNESS & SPIRITUAL PRACTICES

DAY 7: REFLECTION & FAREWELL

DAY 1: ARRIVAL & IMMERSION IN NATURE

Morning:

- Arrival and Check-In: Guests arrive, check-in, and settle into their accommodations.
- Welcome Session: Brief introduction to the retreat, schedule overview, and meet the facilitators.

Afternoon:

- Nature Walk and Orientation (1 hour): Guided walk around the retreat grounds to familiarize guests with the surroundings and set intentions.
- Lunch: Healthy, plant-based meal with locally sourced ingredients.

Evening:

- Gentle Yoga Session (1 hour): Light yoga practice focusing on grounding and connecting with nature.
- Guided Meditation (30 minutes): Meditation session to enhance mindfulness and presence.
- Dinner: Nutritious, organic meal.
- Daily Massage (1 hour): Relaxing massage to ease travel fatigue and promote relaxation.

DAY 2: EXPLORATION & CONNECTION

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to awaken the body and mind.
- Breakfast: Healthy and energizing meal.
- Hiking Expedition (2-3 hours): Guided hike through scenic trails to explore the natural beauty of the area and connect with nature.

Afternoon:

- Lunch: Picnic-style healthy meal in a picturesque outdoor setting.
- Free Time for Personal Reflection: Quiet time for journaling, resting, or exploring the surroundings.

Evening:

- Free Time
- Dinner: Fresh, locally sourced meal.
- Daily Massage (1 hour): Soothing massage to relax muscles after the day's activities.

DAY 3: INTEGRATION & CELEBRATION

Morning:

- Sunrise Meditation (30 minutes): Morning meditation session to start the day with clarity and calm.
- Breakfast: Light and healthy meal.
- Free time to enjoy the resort facilities.

Afternoon:

- Lunch: Healthy, balanced meal.
- Foot Massage.

Evening:

- Restorative Yoga Session (1 hour): Gentle yoga practice to promote deep relaxation and integration of the retreat experience.
- Dinner: Featuring local cuisine.
- Cultural Show (1.5 hours): Enjoy a traditional cultural performance showcasing local music, dance, and heritage.

DAY 4: CULTURAL IMMERSION & RELAXATION

Morning:

- Breakfast: Nutritious meal with an emphasis on local flavors.
- Excursion: Temple of the Tooth and a boat ride.

Afternoon:

- Lunch at The Hermitage.
- Herbal Steam Bath (1 hour): Experience a relaxing herbal steam bath to detoxify and rejuvenate the body.

Evening:

- Dinner: Enjoy a wholesome, plant-based meal while enjoying a live flute performance.

DAY 5: CULINARY & CULTURAL DELIGHTS

Morning:

- Sunrise Yoga (1 hour): Energizing yoga session to start the day.
- Breakfast: Light and nourishing meal.

Late Morning:

- Local Cookery Lesson (1.5 hours): Participate in a hands-on cooking class, preparing traditional Sri Lankan dishes.
- Lunch: Enjoy the delicious meal prepared during the cooking lesson.

Afternoon:

- Free time.
- Massage.

Evening:

- Dinner: Nutritious, plant-based meal.
- Cultural Dance Evening: Experience a vibrant night of traditional Sri Lankan dance performances.

DAY 6: WELLNESS & SPIRITUAL PRACTICES

Morning:

- Sunrise Meditation (30 minutes): Begin the day with a peaceful meditation session.
- Breakfast: Nutritious and energizing meal.
- Excursion: Visit to Ambekke Temple.

Afternoon:

- Lunch: Light and healthy meal.
- Massage.

Evening:

- Dinner: Gourmet meal featuring local and Ayurvedic cuisine.
- Buddhist Blessing Ceremony: Participate in a traditional Buddhist blessing for peace and well-being.

DAY 7: REFLECTION & FAREWELL

Morning:

- Private Yoga and Meditation Session (1 hour): Final yoga and meditation session to integrate the retreat experience.
- Breakfast: Light and nourishing meal.

Late Morning:

- Free time to enjoy the villa facilities.

Afternoon:

- Farewell Lunch: Communal meal to celebrate the end of the retreat.
- Free Time: Enjoy the resort's amenities or explore the surroundings one last time.

Evening:

- Closing Circle (30 minutes): Group reflection on the retreat experience, sharing insights, and setting intentions for continuing practices at home.
- Dinner: Final Ayurvedic meal.
- Daily Massage (1 hour): Final massage session to ensure guests leave feeling revitalized and refreshed.

Departure:

- Check-Out and Farewell: Guests depart with a renewed sense of well-being and balance, ready to integrate their wellness practices into daily life.

A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS YOGA RETREAT

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & INTRODUCTION TO YOGA RETREAT

DAY 2: DEEPENING HOLISTIC HEALING PRACTICES

DAY 3: INTEGRATION & RENEWAL

DAY 4: EXCURSION & EXPLORATION

DAY 5: CULTURAL & CULINARY EXPERIENCES

DAY 6: SPIRITUAL & CULTURAL IMMERSION

DAY 7: REFLECTION & FAREWELL

DAY 1: ARRIVAL & INTRODUCTION TO YOGA RETREAT

Morning:

- Arrival and Check-In: Guests arrive, check-in, and settle into their accommodations.
- Welcome Session: Brief introduction to the retreat, schedule overview, and meet the holistic healers and facilitators.

Afternoon:

- Holistic Healing Introduction (1 hour): Overview of alternative therapies such as Reiki, acupuncture, and sound healing, discussing their benefits and principles.
- Lunch: Nourishing, meal with an emphasis on holistic nutrition.

Evening:

- Gentle Yoga Session (1 hour): Light yoga practice to prepare the body and mind for healing.
- Dinner : Wholesome, plant-based meal.
- Sound Immersion Session (1 hour): A sound healing session using instruments such as singing bowls and gongs to promote deep relaxation and healing vibrations.
- Daily Massage (1 hour): Relaxing massage to ease travel fatigue and promote relaxation.

DAY 2: DEEPENING HOLISTIC HEALING PRACTICES

Morning:

- Sunrise Yoga (1 hour): Yoga session to awaken the body and mind, integrating healing intentions.
- Breakfast: Light and nutritious meal.
- Meditation Session (1 hour).

Afternoon:

- Holistic Nutrition Workshop (1 hour): Education on nutrition and dietary practices that support holistic healing.
- Lunch: Healthy, balanced meal with an emphasis on healing foods.
- Free Time for Reflection: Quiet time for journaling, resting, or exploring personal healing experiences.

Evening:

- Sunset Yoga.
- Dinner: Nutritious, plant-based meal.
- Daily Massage (1 hour): Therapeutic massage session focused on relaxation and promoting healing.

DAY 3: INTEGRATION & RENEWAL

Morning:

- Sunrise Meditation (30 minutes): Meditation session to start the day with clarity and calm.
- Breakfast: Light and healthy meal.
- Mindful Movement Session (1 hour): Gentle movement exercises such as Tai Chi to promote energy flow and mindfulness.

Afternoon:

- Sound Healing Circle (1 hour): Group sound healing session using various instruments and vocal toning for collective healing and harmony.
- Lunch: Enjoy a plant based meal.
- Free Time for Exploration: Opportunity for guests to explore the local area, enjoy additional activities like bird watching or a nature walk.

Evening:

- Restorative Yoga Session (1 hour): Gentle yoga practice to promote deep relaxation and integration of the retreat experience.
- Dinner: Featuring local cuisine.
- Daily Massage (1 hour): Final massage session to ensure relaxation and rejuvenation.

DAY 4: EXCURSION & EXPLORATION

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to start the day with energy and focus.
- Breakfast: Healthy and energizing meal.
- Visit to Temple of the Tooth followed by a boat ride on the Kandy lake.

Afternoon:

- Lunch: Head back to the retreat.
- Free time.

Evening:

- Sunset Yoga Session.
- Dinner: Fresh, locally sourced meal.
- Daily Massage (1 hour): Relaxing massage to unwind after the day's excursions.

DAY 5: CULTURAL & CULINARY EXPERIENCES

Morning:

- Sunrise Yoga (1 hour): Start the day with an invigorating yoga session.
- Breakfast: Light and healthy meal.
- Local Cookery Lesson (2 hours): Participate in a hands-on cooking class to learn how to prepare traditional Sri Lankan dishes.

Afternoon:

- Lunch: Enjoy the meal you prepared earlier.
- Free Time.

Evening:

- Dinner: Enjoy a plant based meal while listening to flautist.
- Daily Massage (1 hour): Evening massage to promote relaxation and well-being.

DAY 6: SPIRITUAL & CULTURAL IMMERSION

Morning:

- Sunrise Yoga (1 hour): Morning yoga session to energize the body and mind.
- Breakfast: Nutritious and balanced meal.

Afternoon:

- Lunch: Gourmet meal by in-house chef.
- Free Time.

Evening:

- Cultural Evening Show: Witness a traditional cultural performance showcasing Sri Lankan dance and music.
- Dinner: Wholesome, plant-based meal.
- Daily Massage (1 hour): Evening massage to relax and unwind.

DAY 7: REFLECTION & FAREWELL

Morning:

- Sunrise Meditation (30 minutes): Morning meditation session to start the day with mindfulness and calm.
- Breakfast: Light and healthy meal.
- Herbal Steam Bath (1 hour): Detoxify and rejuvenate with a herbal steam bath.

Afternoon:

- Lunch: Final communal meal to celebrate the retreat experience.
- Free Time for Relaxation: Enjoy the resort's amenities, take a nature walk, or reflect on the retreat experience.

Evening:

- Closing Circle (1 hour): Group reflection on the holistic healing retreat experience, sharing insights, and setting intentions for maintaining the connection with nature and well-being at home.
- Farewell Dinner: Special farewell dinner featuring local cuisine and a final flautist performance.
- Daily Massage (1 hour): Final massage session to ensure relaxation and rejuvenation.

Departure:

- Check-Out and Farewell: Guests depart with a renewed sense of well-being and equipped with tools and practices to continue their holistic healing journey.

A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS HOLISTIC HEALING

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & INTRODUCTION TO HOLISTIC HEALING

DAY 2: DEEPENING HOLISTIC PRACTICES

DAY 3: INTEGRATION & RENEWAL

DAY 4: CULTURAL EXPLORATION & RELAXATION

DAY 5: CULINARY & CULTURAL DELIGHTS

DAY 6: SPIRITUAL & WELLNESS EXPERIENCES

DAY 7: INTEGRATION & FAREWELL

DAY 1: ARRIVAL & INTRODUCTION TO HOLISTIC HEALING

Morning:

- Arrival and Check-In: Guests arrive, check-in, and settle into their accommodations.
- Welcome Session: Introduction to the retreat, schedule overview, and meet the holistic healers and facilitators.

Afternoon:

- Holistic Healing Introduction (1 hour): Overview of alternative therapies such as Reiki, acupuncture, and sound healing, discussing their benefits and principles.
- Lunch: Nourishing, organic meal with an emphasis on holistic nutrition.

Evening:

- Massage
- Dinner: Wholesome, plant-based meal.

DAY 2: DEEPENING HOLISTIC HEALING PRACTICES

Morning:

- Sunrise Yoga (1 hour): Yoga session to awaken the body and mind, integrating healing intentions.
- Breakfast: Light and nutritious meal.
- Free time to explore and enjoy the villa's amenities.

Afternoon:

- Lunch: Healthy, balanced meal with an emphasis on healing foods.
- Free Time for Reflection: Quiet time for journaling, resting, or exploring personal healing experiences.

Evening:

- Holistic Nutrition Workshop (1 hour): Education on nutrition and dietary practices that support holistic healing.
- Dinner: Nutritious, plant-based meal.
- Daily Massage (1 hour): Therapeutic massage session focused on relaxation and promoting healing.

DAY 3: INTEGRATION & RENEWAL

Morning:

- Sunrise Meditation (30 minutes): Meditation session to start the day with clarity and calm.
- Breakfast: Light and healthy meal.
- Mindful Movement Session (1 hour): Gentle movement exercises to promote energy flow and mindfulness.

Afternoon:

- Sound Healing Circle (1 hour): Group sound healing session using various instruments and vocal toning for collective healing and harmony.
- Lunch: meal, celebrating healing and wellness.
- Free Time.

Evening:

- Sunset Yoga Session.
- Dinner: Nutritious, plant-based meal.
- Daily Massage (1 hour): Therapeutic massage session focused on relaxation and promoting healing.

DAY 4: CULTURAL EXPLORATION & RELAXATION

Morning:

- Gourmet Breakfast: Enjoy a nutritious meal with a focus on local flavors.
- Visit to the Temple of the Tooth followed by a boat ride on the Kandy lake.

Afternoon:

- Lunch: Return to the retreat.
- Free Time.

Evening:

- Head Massage.
- Dinner: Enjoy a wholesome, plant-based meal while listening to a flautist.

DAY 5: CULINARY & CULTURAL DELIGHTS

Morning:

- Sunrise Yoga (1 hour): Energizing yoga session to start the day.
- Breakfast: Light and nourishing meal.

Late Morning:

- Local Cookery Lesson (1.5 hours): Participate in a hands-on cooking class, preparing traditional Sri Lankan dishes.
- Lunch: Enjoy the delicious meal prepared during the cooking lesson.

Afternoon:

- Excursion: Visit to Ambekke Temple.

Evening:

- Dinner: Wholesome, plant-based meal.
- Free Time.

DAY 6: SPIRITUAL & WELLNESS EXPERIENCES

Morning:

- Sunrise Meditation (30 minutes): Begin the day with a peaceful meditation session.
- Breakfast: Nutritious and energizing meal.

Late Morning:

- Free time to enjoy the villa's facilities.

Afternoon:

- Lunch: Light and healthy meal.
- Herbal Steam Bath (1 hour): Experience a relaxing herbal steam bath to detoxify and rejuvenate the body.

Evening:

- Dinner: Gourmet meal featuring local and Ayurvedic cuisine.
- Buddhist Blessing Ceremony: Participate in a traditional Buddhist blessing for peace and well-being.

DAY 7: INTEGRATION & FAREWELL

Morning:

- Private Yoga and Meditation Session (1 hour): Final yoga and meditation session to integrate the retreat experience.
- Breakfast: Light and nourishing meal.

Late Morning:

- Personal Reflection Time: Time for journaling or quiet reflection to absorb the experience.

Afternoon:

- Farewell Lunch: Communal meal to celebrate the end of the retreat.
- Free Time: Enjoy the resort's amenities or explore the surroundings one last time.

Evening:

- Dinner: Final Ayurvedic meal.
- Cultural Dance Evening: Experience a vibrant night of traditional Sri Lankan dance performances.

Departure:

- Check-Out and Farewell: Guests depart with a renewed sense of well-being and balance, ready to integrate their wellness practices into daily life.

AYURVEDA

Experience the best Ayurveda treatments in Sri Lanka at Villa Mayurana, Ahangama. Discover our range of treatment programs which are tailor made to help you achieve your personal health and wellness goals. Under the careful supervision of our Ayurvedic physicians, we offer a holistic approach towards treating our guests. From personalized meal plans to the traditional Sri Lankan medicine used for your treatments, let us help you on your transformative journey.

Head massage | Shirodhara | Talam | Face massage | Akshi tharpana | Full body massage | Sarwangadhara | Pinda swedha | Udvartana | Manya vasti | Kati vasti | Janu vasti | Pedicure | Manicure | Steam bath | Herbal bath

PANCHAKARMA TREATMENTS

- Basti/Vasti Karma: Medicinal oil/Kashaya (Decoction) enemas
- Nasya Karma: Nasal irrigation
- Vamana Karma: Therapeutic vomiting
- Virechana Karma: Purgation
- Raktamokshana: Blood-letting



SHIRODHARA



Shirodhara is a classic Ayurvedic therapy or the practice of slowly and steadily dripping medicated oil or medicated decoctions on the forehead. The therapy induces a relaxed state of awareness that results in a psychosomatic balance. Intense feelings of wellness, mental lucidity, and comprehension are experienced in the Shirodhara treatment.

Shirodhara therapy induces a relaxed state in the mind as well as the body; these effects are arbitrated by the brain wave coherence, alpha waves, and downregulation of the sympathetic outflow. The center of the forehead, also known as the third eye, is connected usually to the pineal gland. Focusing on the third eye with closed eyes during meditation leads to psychosomatic harmony. And similarly, when the oil drips on the forehead, the meditation-like effect is a consequence of stillness of the mind leading to an adaptive response to the basal stress.

As per Ayurveda, Shirodhara is specifically advised when there is an aggravation of Vata and Pitta Doshas in the mind and body. An augmentation of Vata dosha results in insomnia, racing thoughts, anxiety, stress, dryness, hair fall, pain, and aches, whereas an aggravated Pitta dosha causes anger, irritability, frustration, burning sensation, migraines, and premature greying of the hair. Shirodhara is said to be beneficial when these Vata and Pitta imbalances create the above concerns.

IMPORTANT NOTICE

Dear Guest,

After your shirodhara session, we kindly request you to wear the headcloth providing by our therapist. Also, we suggest waiting for 2 hours posttreatment before taking a shower. This precautionary measure is in place to prevent this oil from transferring onto the white bedsheets during your rest... Appreciate your Understand.

A minimum of 3 days is required for all Retreat Packages. On Days 3, 5, & 7, the package may be customized to meet your personal requirements in consultation with the resident doctor.

7 DAYS AYURVEDA

PER DAY | DOUBLE OCCUPANCY | USD850

DAY 1: ARRIVAL & INTRODUCTION TO AYURVEDA

DAY 2: DEEPENING AYURVEDIC PRACTICES

DAY 3: INTEGRATION & REFLECTION

DAY 4: CULTURAL IMMERSION

DAY 5: LOCAL COOKING EXPERIENCE & CULINARY DELIGHTS

DAY 6: WELLNESS ACTIVITIES

DAY 7: RENEWAL & REFLECTION

DAY 1: ARRIVAL & INTRODUCTION TO AYURVEDA

Morning:

- Arrival and Check-In: Guests arrive, check-in, and settle into their accommodations.
- Welcome Session: Brief introduction to the retreat, schedule overview, and meet the facilitators.

Afternoon:

- Ayurvedic Consultation (45 minutes): Individual sessions with an Ayurvedic practitioner to assess dosha (defects) types & personalized needs.
- Lunch: Traditional Ayurvedic meal tailored to different doshas.

Evening:

- Introduction to Ayurveda Workshop (1 hour): Overview of Ayurvedic principles, doshas, and holistic practices.
- Guided Nature Walk (45 minutes): Gentle walk in nature to connect with the environment and practice mindfulness.
- Dinner: Dosha-specific Ayurvedic meal.
- Daily Ayurvedic Massage (1 hour): Warm oil massage to promote relaxation and balance doshas.

DAY 2: DEEPENING AYURVEDIC PRACTICES

Morning:

- Morning Yoga (1 hour): Ayurvedic yoga session designed to balance all three doshas.
- Breakfast: Light, dosha-specific Ayurvedic meal.
- Free time for Pool/Gym/Relax.

Afternoon:

- Ayurvedic Cooking Class (1 hour): Learn to prepare Ayurvedic meals based on individual doshas.
- Lunch: Enjoy the meal prepared during the cooking class.
- Ayurvedic Herbs and Remedies Workshop (1 hour): Introduction to common Ayurvedic herbs and their uses for holistic health.

Evening:

- Mindfulness Session (1 hour): Guided mindfulness meditation to enhance awareness and reduce stress.
- Dinner: Nutritious, dosha-specific Ayurvedic meal.
- Daily Ayurvedic Massage (1 hour): Shirodhara (oil pouring on the forehead) for deep relaxation and mental clarity.

DAY 3: INTEGRATION & REFLECTION

Morning:

- Sunrise Meditation (30 minutes): Morning meditation to start the day with clarity and calm.
- Breakfast: Light, dosha-specific Ayurvedic meal.
- Negotiation Skills Workshop (1 hour): Techniques for effective communication and negotiation in personal and professional life.

Afternoon:

- Mindful Nature Walk (45 minutes): Meditative walk in nature, focusing on breath and sensory awareness.
- Lunch: Dosha-specific Ayurvedic meal.
- Personal Reflection Time: Journaling or quiet time to reflect on the retreat experience and set intentions.

Evening:

- Yoga Session (1 hour): Gentle yoga practice to integrate the retreat experience and promote balance.
- Dinner: Communal Ayurvedic meal.
- Daily Ayurvedic Massage (1 hour): Pressure point massage for rejuvenation and energy flow.

DAY 4: CULTURAL IMMERSION

Morning:

- Morning Yoga (1 hour): Energizing yoga session to start the day.
- Breakfast: Light, dosha-specific Ayurvedic meal.
- Excursion.

Afternoon:

- Lunch in Kandy city.
- Cultural Exploration: in Kandy.

Evening:

- Return to Retreat Center: Reflect on the day's experiences.
- Dinner: Dosha-specific Ayurvedic meal.
- Daily Ayurvedic Massage (1 hour): Relaxing massage to unwind from the day's activities.
- Participate in a Buddhist Blessing.

DAY 5: LOCAL COOKING EXPERIENCE & CULINARY DELIGHTS

Morning:

- Morning Yoga (1 hour): Focused on digestion and well-being.
- Breakfast: Light, dosha-specific Ayurvedic meal.
- Local Market Visit: Explore a nearby market to learn about local ingredients and spices.

Afternoon:

- Hands-On Cooking Class: Prepare traditional local dishes using fresh ingredients from the market.
- Lunch: Enjoy the meal prepared during the cooking class.
- Pranayama and Breathing Exercises (30 minutes): Breathing techniques to enhance vitality and balance.

Evening:

- Ayurvedic Nutrition Workshop (1 hour): Learn about the role of diet in Ayurvedic wellness.
- Dinner: Dosha-specific Ayurvedic meal.
- Daily Ayurvedic Massage (1 hour): Soothing massage to enhance relaxation.

DAY 6: WELLNESS ACTIVITIES

Morning:

- Morning Yoga (1 hour): Focus on rejuvenation and vitality.
- Breakfast: Light, dosha-specific Ayurvedic meal.
- Visit to the Temple of Tooth followed by a boat ride on the Kandy lake.

Afternoon:

- Free time.
- Ayurvedic Lunch.

Evening:

- Guided Meditation (1 hour): Focus on mindfulness and inner peace.
- Dinner: Enjoy a nutritious, dosha-specific Ayurvedic meal while listening to the soothing sounds of a local flautist.
- Daily Ayurvedic Massage (1 hour): Revitalizing massage incorporating cinnamon oil.

DAY 7: RENEWAL & REFLECTION

Morning:

- Sunrise Yoga (1 hour): Gentle yoga session to welcome the new day.
- Breakfast: Light, nourishing Ayurvedic meal.
- Closing Meditation (30 minutes): Reflect on the retreat experience and set intentions for the future.

Afternoon:

- Farewell Lunch: Communal meal to celebrate the end of the retreat.
- Daily Ayurvedic Massage (1 hour): Full body massage to leave you feeling revitalized and refreshed.

Evening:

- Dinner: Final Ayurvedic meal.
- Cultural Dance Evening: Experience a vibrant night of traditional Sri Lankan dance performances.

Departure:

- Check-Out and Farewell: Guests check out and depart with a renewed sense of well-being and balance.

GENERAL INFORMATION

- OUR WELLNESS RETREATS ARE FOR A MINIMUM OF 3 NIGHTS, WITH EACH 3 NIGHTS, 5 NIGHTS, & 7 NIGHTS PACKAGE INCLUDE A CULTURAL EVENING, BUDDHIST MEDITATION, & BLESSINGS.
- EACH PACKAGE WILL INCLUDE ONE DINNER WHERE OUR GUESTS CAN DINE ACCOMPANIED BY THE SOOTHING SOUNDS OF A LOCAL FLAUTIST.
- FOR EXCURSIONS, YOU CAN EXPLORE THE UNESCO HERITAGE SITE OF GALLE FORT, HIKE ON RUMASSALA HILL, & RELAX AT JUNGLE BEACH & THE TALPE ROCK POOLS.
- THESE PROGRAMMES ARE SUBJECT TO MINOR CHANGES DEPENDING ON THE WEATHER. RETREATS MAY HAVE SOME DEGREE OF FLEXIBILITY DEPENDING ON THE AVAILABILITY OF MASSEURS AND TIMINGS.
- PLEASE BE ADVISED THAT THE TYPES & DURATION OF SOME TREATMENTS MAY VARY BASED ON YOUR CURRENT HEALTH CONDITION AS ASSESSED BY OUR DOCTORS.



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VILLA MAYURANA - Ahangama | THE SANDALS - Balapitiya
THAMBILI HOUSE - Galle Fort | THE FRANGIPANI TREE - Thalpe
THE FAR PAVILION - Pinnawala | THE HERMITAGE - Kandy
HILL RISE - Nuwara Eliya

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