



Bella Lanka tours

Mid-Range Spiritual and Wellness Tour

Day 1: Arrival and Check-in at Mid-Range Wellness Retreat

- **Accommodation:** Mid-range wellness retreat.
- **Activities:** Group consultation with an Ayurvedic practitioner and wellness plan.
- **Dining:** Healthy, organic meals served at the retreat.

Day 2: Group Yoga and Meditation

- **Accommodation:** Mid-range retreat.
- **Activities:** Group yoga and meditation sessions.
- **Dining:** Wellness-focused meals at the retreat.

Day 3: Standard Ayurvedic Treatments

- **Accommodation:** Mid-range retreat.
- **Activities:** Enjoy Ayurvedic treatments such as massages and herbal baths.
- **Dining:** Local, healthy dishes at the retreat's restaurant.

Day 4: Nature Walk and Spa Relaxation

- **Accommodation:** Mid-range wellness hotel.
- **Activities:** Join a guided nature walk and spend the afternoon relaxing with spa treatments.
- **Dining:** Local vegetarian dinner at a nearby restaurant.

Day 5: Yoga and Exploration

- **Accommodation:** Mid-range retreat.
- **Activities:** Group yoga session in the morning, followed by a visit to local temples for spiritual enrichment.
- **Dining:** Lunch at a local wellness café, dinner at the retreat.

Day 6: Cultural and Wellness Day

- **Accommodation:** Mid-range boutique hotel.
- **Activities:** Visit a nearby cultural site or temple, followed by a yoga session in the afternoon.
- **Dining:** Dinner at a local restaurant known for healthy cuisine.

Day 7: Departure

- **Transport:** Private vehicle for return transfer.
- **Activities:** Group yoga and meditation session in the morning, followed by departure.

Contact us on :+94 77 832 4022

- **Dining:** Lunch at the retreat.