



## **Bella Lanka tours**

### Budget Spiritual and Wellness Tour

#### **Day 1: Arrival and Check-in at Budget Wellness Retreat**

- **Accommodation:** Budget wellness retreat or homestay.
- **Activities:** Consultation with a local Ayurvedic practitioner and a basic wellness plan.
- **Dining:** Vegetarian meals provided at the retreat or homestay.

#### **Day 2: Community Yoga and Meditation**

- **Accommodation:** Budget wellness retreat.
- **Activities:** Join community yoga and meditation sessions.
- **Dining:** Meals from a local vegetarian café.

#### **Day 3: Basic Ayurvedic Treatments**

- **Accommodation:** Budget retreat.
- **Activities:** Receive basic Ayurvedic treatments like massages or herbal steam baths.
- **Dining:** Simple, healthy meals provided at a local café.

#### **Day 4: Free Day for Exploration**

- **Accommodation:** Budget homestay.
- **Activities:** Explore nearby temples and nature spots on your own or with a local guide.
- **Dining:** Local vegetarian or vegan eateries.

#### **Day 5: Yoga and Cultural Activities**

- **Accommodation:** Budget wellness retreat.
- **Activities:** Join group yoga sessions in the morning, followed by visits to cultural sites in the afternoon.
- **Dining:** Lunch at a nearby vegetarian restaurant.

#### **Day 6: Final Wellness Day**

- **Accommodation:** Budget retreat.
- **Activities:** Spend the day with optional Ayurvedic treatments or yoga, and enjoy a relaxing day in nature.
- **Dining:** Dinner at a local café or homestay.

#### **Day 7: Departure**

- **Transport:** Private vehicle for return transfer.

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- **Activities:** Morning yoga session and a final farewell.
- **Dining:** Lunch at a local vegetarian restaurant before departure.