



Kuwera Yoga (15 nights / 16 days)

1st Day

- Check in after 2PM
- 5.00 Briefing with Yoga teacher
- 6.00 – 7.00 Yoga sessions
- Dinner

2nd and 3rd Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

4th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 11.00 Transfer for visiting Sigiriya Rock fortress
- 11.00 -12.00 Relax

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

5th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -10.30 Breakfast
- 11.00 – 2.00 Cooking class + lunch

Afternoon

- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

6th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Breakfast
- 8.00 - 12.00 Transfer to Dambulla for visiting Dambulla cave Temple

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 – 2.00 Lunch
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

7th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 – 2.00 Lunch
- 2.00 – 6.00 Jeep Safari

8th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 5.30 Village tour
- 6.00 - 7.00 Yoga Praticice

9th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- Free activities

10th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

11th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -12.00 Free activities

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 – 6.00 Excursion at Ritigala natural reserve

12th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

13th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

14th Day

Morning

- 4.30 - 8.30 Sunrise at Pidurangala Rock
- 8.30 – 9:30 Breakfast
- 10.00 -11.00 Yoga practice
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

15th Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 12.00 – 1.00 Mindfulness program
- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Yoga philosophy
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

16th Day

- 8.00 Breakfast
- 11.00 Check out