

Sanctuary of Wellness Retreat

8 Nights SRI LANKA

5 Nights in Negombo

3 Nights in Sigiriya

May 2027



10TH - 18TH MAY 2027



Escape with us on a magical wellness journey for 8 nights like no other experience. We concentrate on mind, body and all over wellness. You 'll leave feeling relaxed, centered, and recharged all while making new friends and seeing some of the best Sri Lanka has to offer, including an elephant safari and Lion Rock.

Enjoy daily yoga, meditation, exercises classes, healthy meals and daily 2hr Ayurveda Treatments in Negombo and Sigiriya. We'll handle every detail so you can indulge.

Lisa & Pam xx



Your Sanctuary to Wellness Package Inclusions

SRI LANKA 8 NIGHTS WHATS INCLUDED

NEGOMBO

GIFT BAG

ALL TRANSFERS

5 NIGHTS ACCOMMODATION

HALF DAY COLOMBO CITY TOUR

DAILY YOGA AND MEDITATION

DAILY FITNESS CLASSES

1 STRENGTH LAB WORKSHOP

1 VISION BOARD WORKSHOP

1 MUSIC THERAPY SESSION

2 X POOL EXERCISE PROGRAMS

ALL MEALS INCLUDED, VEGAN AND VEGETARIAN

(ALL MEALS ARE CREATED FOR YOUR BODY COMPOSITION)

5 NIGHTS' SPECIAL WELLNESS PLAN (2 HOURS PER DAY)

> AYURVEDIC OIL BODY THERAPY (SNEHANA)

AYURVEDIC MEDICINAL PUDDING FOMENTATION THERAPY (PINDASWEEDA)

> AYURVEDIC OIL HEAD THERAPY (SHIROABHYANGA) > AYURVEDIC POURING OIL

HEAD THERAPY (SHIRODHARA) > AYURVEDIC MEDICAL WET PEELING OF THE BODY

THERAPY (UDWARTHA) > AYURVEDIC FACE THERAPY (VAKTHRABYANGA) >

AYURVEDIC FOOT THERAPY (PADABYANGA) > AYURVEDIC STEAM BATH (SWEEDA)

> AYURVEDIC HERBAL BATH (DRONIYAVAGAHA)

SIGIRIYA

ALL TRANSFERS

DAILY YOGA

2 MEDITATION

1 LIGHT INTERVAL TRAINING

3 NIGHTS ACCOMMODATION WITH PLUNGE POOL

ALL MEALS INCLUDED,

"CUSTOMISED PLATED DINING EXPERIENCE" MEAL PLAN ACCORDING TO THE
RESIDENT DOCTOR (EXCLUDING RED MEAT)

1 X FAREWELL GOLD NIGHT DINNER AND SCENIC DINING
EXPERIENCE (WEAR SOMETHING GOLD)

EVENING HERBAL TEAS, JUICES AND SNACK DAILY

2 HOUR DAILY AYURVEDA TREATMENTS

1 4X4 JEEP SAFARI IN MINNERIYA NATIONAL PARK,
LION ROCK ½ DAY TOUR

NON INCLUSIONS

FLIGHTS

E-VISA (E-VISA REQUIRED HOWEVER NO COST FOR AUSTRALIAN
PASSPORT HOLDERS)

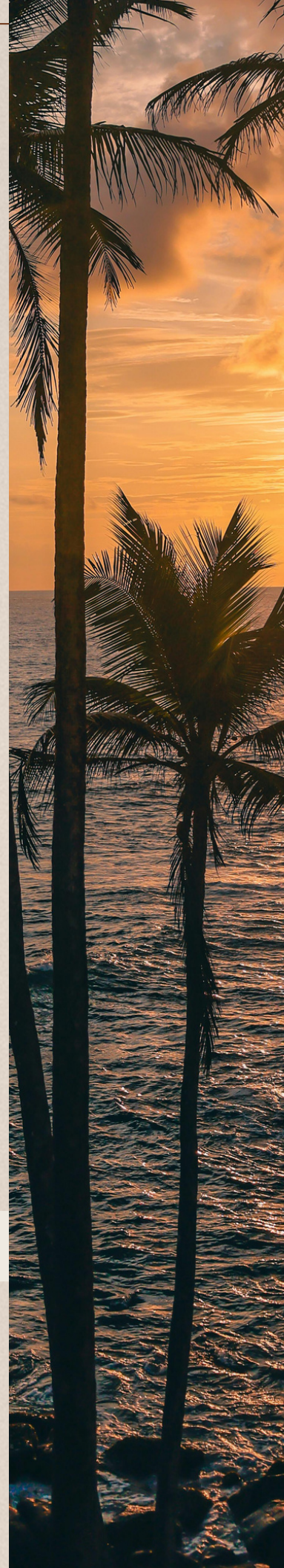
TRAVEL INSURANCE (REQUIRED)

OPTION TO ADD ON FURTHER TOURS

ADDITIONAL BEVERAGES OR FOOD

TIPS TO STAFF

ANY EXPENSE OF PERSONAL REQUIREMENTS (TELEPHONE, LAUNDRY,
HOTEL EXTRA BILLS ETC)





5 NIGHTS NEGOMBO ITINERARY

Day 1

Arrive at Colombo Airport
Transfer to Negombo
(Jetwing Ayurveda Pavillions Hotel)

**Daily Yoga, Meditation And 2hr Special Ayurvedic Spa
Treatments, In Negombo and Sigiriya Included**

Day 2

7.30am Mat Pilates
8.30am Breakfast
12.30pm Lunch
2.00pm Strength Lab Workshop
7.00pm Dinner
8.30pm Relaxation Meditation

Day 3

7.30am Resistance Strength Training
8.30am Breakfast
10.00am Gratitude Meditation
1.00pm Lunch
Afternoon at Leisure
7.00pm Dinner

Day 4

7.30am Stretch, Flex and Balance
8.30am Breakfast
9.30am Life Reset Journaling
12.30 Lunch
Afternoon at Leisure
7.00pm Dinner
8.30pm Release and Restore Discussion

Day 5

7.30am Glutes and Core
8.30am Breakfast
10.00am Columbo City Tour
Lunch in Columbo
Afternoon at Leisure
7.00pm Dinner

Day 6

8.00am Breakfast
9.00am Check out and travel to Sigiriya by coach.

What to expect in Sri Lanka
See different parts of the country
starting with a beach resort 20 minutes
from the capital Colombo.

We visit the sites of Colombo with a
half day city tour and relax into Sri
Lankan life. We then head to Sigiriya
located in the Central Province,
northeast of Negombo about 2.5 hrs
drive.

Here we experience the ambience of
jungle life in a wellness resort with 2hr
massages everyday a cooking class as
well as a half day safari only 30 mins
from where we are staying. Meditation,
fitness classes, workshops and yoga are
just some of the activities you will
experience on this magical Sri Lankan
Retreat.





3 NIGHTS SIGIRIYA ITINERARY

Day 6 Arrive at Sigiriya (Ayugiri Wellness Resort)
Lunch at Hotel
Afternoon at Leisure
7.00pm Dinner

Day 7 6.00am Sigiriya Lion Rock Tour
Lunch
Afternoon at Leisure
6.30pm Dinner
8.00pm Gratitude Meditation

Day 8 7.30am Light Interval Training
8.00am Chakra Meditation
8.30am Breakfast
12.00pm Lunch
1.00pm Enjoy a 4x4 Jeep Safari at
Minneriya National Park
7.00pm Gold Night Farewell Dinner
(Dress in Gold)

Day 9 8.30 am Breakfast
Transfer to Colombo for our flight home or
continue onto an added adventure



PRICING

EARLY ACCESS DISCOUNT PAY IN FULL BY
10th OCTOBER AND SAVE \$300.00

Twin \$4299 (EARLY ACCESS \$3999) per person, Contact us for Single Supplement (Excludes Flights)
\$500.00 non-refundable deposit required at time of booking. Payment plans available.

(We use a booking agent to co-ordinate all flights as a group, however you are welcome to book your own)
Bank Account Details-Evolution Business Concepts BSB: 063-105 Acc: 1074 0854
connect@pureliferetreats.com.au

OPTIONAL EXTRA ADDED ADVENTURE per person twin share
4 days add on after the retreat ends. Travel to Kandy, Nuwara Eliya and Ella all inclusive \$1539 message us for details



NEGOMBO



SIGIRIYA

Terms and Conditions for Retreats (Sri Lanka 2027)**(1) Inclusions and Exclusions:**

(a) **Inclusions:** Return Airport transfers from Colombo Sri Lanka Airport to Negombo and from Sigiriya to Colombo Airport. Inter City Transfers in an Air Conditioned Coach with a Guide. 5 x Nights Stay at Jetwing Resort Ayurveda Pavillions Hotel in a Deluxe room with ensuite plus 3 x nights at Sigiriya Ayugiri Wellness Resort in a deluxe room with ensuite.

8 x breakfast, 7 x Lunch, 8 x Dinner, 1 x Cooking Class, 1 x Half Day Colombo City Tour, 1 x 4x4 Jeep Safari in Minneriya National Park Tour, 1 x Half Day at Sigiriya Lion Rock, Daily x 2hr Ayurvedic Spa Treatments, 1 x Nutrition & Strength Lab Workshop, 1 x Life Reset Journaling Workshop, Daily Guided Meditation, 1 x Resistance Strength Training Session, 1 x Light Interval Training Session, 1 x Mat Pilates Session, Daily Yoga Sessions, 1 x Core & Glute Session, 1 x Stretch Flex and Balance Session. Herbal Teas and Juices at Sigiriya, 1 x Gift Bag, Wi-Fi at Retreat Locations.

(b) **Exclusions:** Personal Travel Insurance, E-Visa, Flights, Alcoholic / Non Alcoholic Drinks not specified in paragraph (1)(a), Room Service, additional snacks and food not specified in paragraph (1)(a), additional Massages and Beauty Treatments not specified in paragraph (1)(a), Lunch during Colombo City Tour, Gratuity, Optional Add On Tours.

(2) Booking and Payment:

(a) A non-refundable deposit of AU\$500 must be paid into the designated bank account of the retreat organisers in order to be shortlisted as a participant to the retreat to secure the booking. (b) The balance payable must be paid into the designated account of the retreat organisers by 10th March 2027 failing to pay in full the booking will not be secured and any monies paid less the non-refundable deposit will be refunded in due course. (d) All payments must be made by electronic funds transfer, there are no credit card facilities available. Early Access Discount must be paid in full by 10th October to save \$300.

(3) Participant Cancellation Policy:

(a) Notice of cancellation by the participant must be provided in writing to the retreat organizers at connect@pureliferetreats.com.au (b) The retreat organisers reserve the right to retain the deposit paid. (c) Any participants who send a notice of cancellation of a booking to the retreat organisers after 10th March 2027 will not be eligible for a refund and no refund will be given.

(4) Participant Responsibilities:

(a) Participants must be at least 18 years of age. (b) Participants under 18 years of age may be permitted to participate in the retreat at the discretion of the retreat organisers provided that they are accompanied by a guardian who is at least 18 years of age and approved by the retreat organisers prior to booking. (c) Each participant is responsible for the arrangement of their own travel VISA. (d) Each participants must have a valid passport with an expiry date of at least six (6) months from all dates of travel. (e) Transport of participants will be arranged by the retreat organisers on the 10th May 2027 at the commencement of the retreats (Time to be advised) between Colombo Airport to the retreat location. Return airport transfer on 18th May 2027 is included (time to be advised). All other travel arrangements prior and post the retreat dates are the responsibility of the participants. (f) Each participant is expected to adhere to the schedule and guidelines provided by the retreat organisers. (g) Each participant is responsible for obtaining their own health, medical and travel insurance, covering against personal accident, death, medical expenses, emergency repatriation, and trip cancellations, and each participant is responsible for providing details of their insurance to the retreat organisers upon reasonable request. (h) Each participant is responsible for providing their contact details to the retreat organisers including an email and a telephone number, and for monitoring their email and/or telephone for communications from the retreat organisers before and during the retreat.

(5) Code of Conduct:

(a) Respect for fellow participants, staff, and the environment is expected from participants (b) Any participant conduct deemed by the retreat organisers to be inappropriate, disruptive, or disrespectful will not be tolerated and may result in expulsion of the participant from the retreat without refund. The retreat organisers reserve the right to refuse service without liability. (c) Use of illegal drugs, or any other illegal substances by all participants is prohibited. (d) Participants must obey Sri Lankan law when in Sri Lanka.

(6) Liability:

(a) The retreat organisers will not be held liable for any loss, damage, injury, or illness suffered by the participant during the retreat, including but not limited to accidental injury, accidental damage, theft, medical emergencies, and cancellation of the retreat due to circumstances beyond the control of the retreat organisers. (b) The retreat organisers will not be liable for any failure or delay in performing their obligations due to causes beyond their reasonable control, including but not limited to acts of God, natural disasters, or government regulations.

(7) Changes to Itinerary and Cancellation of Retreat:

(a) The retreat organisers reserve the right to cancel the retreat without liability with five (5) weeks' notice and, in that event, will provide a full refund to the participant. (b) The retreat organisers reserve the right to make changes to any aspect of the retreat at their absolute discretion and without liability, including changes to the itinerary, activities, or schedule and will provide reasonable notice of any changes to the participants.

(8) Health and Safety:

(a) The retreat may include activities including but not limited to Low Interval Intensity Training (LIIT), Yoga, Walking, Glute & Core session, Mat Pilates session, Strength Session, Massage and Meditation. Participants engage in such activities at their own risk.

(b) Any pre-existing medical conditions, allergies and dietary restrictions must be disclosed to the retreat organisers prior to the retreat. (c) The participant acknowledges and assumes all personal risks associated with travel to a foreign country.

(9) Photography and Media:

(a) By paying the full amount payable for the retreat, the participant agrees to the use of any photographs and videos containing the likeness of the participant during the retreat, and including digital copies thereof, by the retreat organisers in promotional, news, research and/or educational materials, including but not limited to printed materials, online publications, websites, and social media posts, without the prior consent of the participant. (b) The participant agrees that they are not entitled to any remuneration or royalties for the use of any photographs and social videos referred to in paragraph (9)(a).

(10) Privacy Policy:

(a) Personal information collected during the registration process will be used solely for the purpose of facilitating the retreat experience for the participant and will not be shared with third parties. (b) The participant agrees to receive communication from the retreat organisers regarding any updates and schedule changes of the retreat.

(c) The participant may receive communications from the retreat organisers regarding promotional offers or future retreats unless the participant unsubscribes from such communication.

By booking a retreat, paying the deposit and/or paying the full amount payable for a booking of the retreat with the retreat organisers, the participant acknowledges that they have read, understood, and agree to abide by these terms and conditions.

Participant Name: _____

Participant Signature: _____

Date: _____