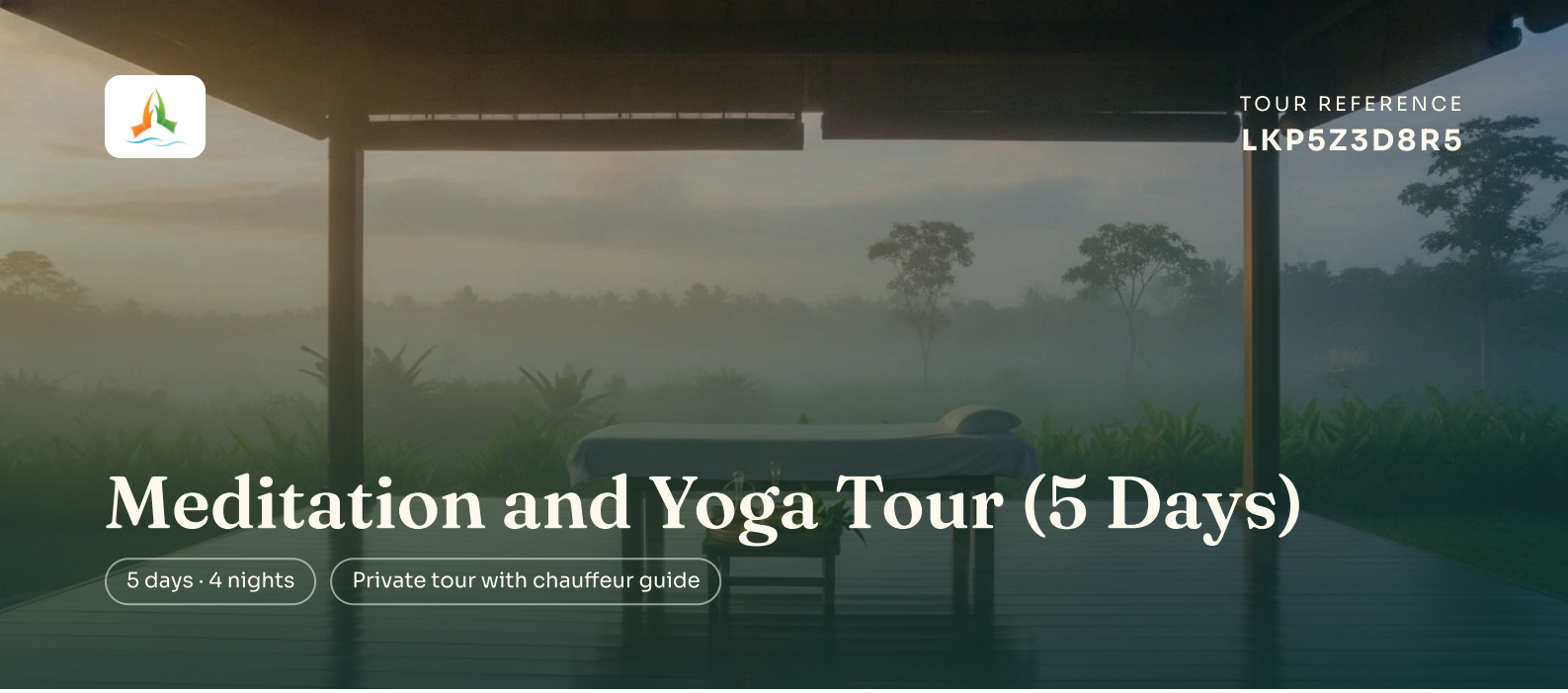


TOUR REFERENCE
LKP5Z3D8R5

Meditation and Yoga Tour (5 Days)

5 days · 4 nights | Private tour with chauffeur guide

AI-generated image · not an actual photograph

About this experience

This five-day tour centres on a yoga and meditation retreat in the Kandy hill country, reached and left by private vehicle with a chauffeur guide. After an initial transfer from the airport that takes in the Pinnawala Elephant Orphanage, the remaining days settle into a retreat rhythm at the Kandy Samadhi Centre, combining daily yoga practice with time to explore the surrounding countryside and the city of Kandy itself.

Travellers get a structured balance of activity and stillness: yoga sessions each afternoon, Ayurvedic therapies, bird watching, river bathing, waterfall and Knuckles mountain trekking, a cookery introduction to Sri Lankan spices, and visits to local craft traditions such as gem cutting, woodcarving and batik, alongside a Kandyan cultural dance show. A day is also set aside to see Kandy's lake, streets and the Temple of the Sacred Tooth Relic.

The tour is suited to travellers who want a genuine retreat experience rather than a packed sightseeing schedule, with the hill-country setting of the Samadhi Centre providing privacy and quiet throughout the stay.

Day-by-day itinerary

Day 1 Airport → Kandy / Digana

Transfer from the airport to the Kandy Samadhi Centre, a retreat set among paddy fields and Kandyan hills, with a stop at Pinnawala Elephant Orphanage on the way.

Kandy Samadhi Centre

A retreat set among the Kandyan hills, surrounded by Kandyan murals and antiques, with suites opening onto paddy fields. It offers yoga practice and a range of Ayurvedic therapies, with an afternoon yoga session to settle into the stay.



Pinnawala Elephant Orphanage

A sanctuary in the Sabaragamuwa province for young elephants displaced or lost from their natural habitat, home to one of the largest captive groups of elephants in the world.

Bernard Gagnon · CC BY-SA 3.0

Technical Tours

Visits introducing local craft traditions such as gem crafting, woodcarving and batik, together with a Kandyan cultural show of traditional dance and music.

Day 2 Kandy / Digana

A day exploring the city of Kandy, set around its lake and framed by forested hills.



Kandy city and lake

The city centres on its lake, often wrapped in hill-country mist, with colourful houses set against the surrounding forested hills.

Ji-Elle · CC BY-SA 3.0



Temple of the Sacred Tooth Relic

A golden-roofed temple housing the tooth relic of the Buddha, Sri Lanka's most important Buddhist relic.

A.Savin · FAL

Day 3 Kandy / Digana

A day combining nature activities around the retreat with an afternoon yoga session.

Bird watching

Morning bird watching around the retreat centre.

River bathing and waterfall trek

A trek to a nearby waterfall followed by bathing in the river to cool down.

Knuckles mountain trek

An optional trek into the Knuckles mountains for those wanting a more adventurous day, taking in views of the surrounding peaks.

Yoga practice

An afternoon yoga session in the quiet surroundings of the retreat.

Day 4 Kandy / Digana

A day of forest trekking and a Sri Lankan cookery introduction, with yoga again in the afternoon.

Forest trekking

A guided trek through nearby forest scenery.

Spice cookery session

A hands-on session learning to use local spices to prepare authentic Sri Lankan food.

Yoga practice

An afternoon yoga session in the serene surroundings of the retreat.

Day 5 Kandy → Airport

A final transfer by chauffeur guide to the beach hotel or airport, closing out the retreat.

What's included

INCLUDED

- Transport in a Private Vehicle, inclusive of, cost of fuel, parking & highway tolls.
- Service of an English-Speaking Chauffer Guide throughout the tour.
- All prevailing taxes and service charges (Except for Credit Card Charges).

NOT INCLUDED

- Hotel Accommodation.
- Entry Visa Fees
- International / Domestic Airfare.
- Any expenses of personal nature.
- Entrance fees to the respective sites.