



# WELLNESS TOUR

## 12 days

Combine the discovery of Sri Lanka's treasures with the benefits of ancient Ayurvedic traditions, meditation and yoga practice.

After consulting a qualified practitioner, an ayurvedic care protocol adapted to your type will be implemented over 7 days. You will find complete serenity in a universe devoid of artifice in harmony with nature.

You will also discover all the beauties of the island: tea plantations, ancient cities, wild animals, palm-fringed beaches.

**LANKA** Explorer  
Tours

Discover the  
treasures  
of Sri Lanka

7 full days  
in a professional  
Ayurveda center

Ayurvedic  
treatment  
Meditation  
Yoga

Serenity  
Harmony

1650 € / person

**LANKA EXPLORER  
TOURS**

Send us an email to receive  
the detailed program

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