



Wellness Camp



Last updated:
2020-09-22
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📍 Sri Lanka - Kandy

Disconnect from the rest of the world and reconnect yourself with life mentally, physically and spiritually!

Boost your physical fitness and enhance your mental wellbeing. Start seeing life differently amidst of beautiful natural surrounding. Enjoy your week with adventure, thrill and peace of mind. Break away from the routine and change your life style towards fitness and happiness, because as the saying goes health is wealth.

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

This program is designed for individuals who are keen on developing their physical fitness and mental health. You will be engaged in various activities including adventure, nature trekking, meditation, nature therapy, swimming, watersports, abseiling, waterfall hunting, full day hiking and so on.

Your fitness level will be observed by our professional trainers and then you will be given your program accordingly. This is your opportunity to spend a week amidst of nature and rediscover your inner self. Engage in meditation and yoga with professional instructors and add value to your life. You will be able to change your lifestyles in a healthier manner while improving your confidence, fitness and at the same time enjoy your time with likeminded fellow participants.

You will be given a fixed daily schedule which will be guided by our instructors and also a special meal plan will be provided according to the schedule.

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

Promoting physical as well as mental health where you are disconnected from the rest of the world to find your inner peace and a healthier life style.

Schedule

Monday

0600-0800	Trekking and Stretching
0800-0830	Breakfast
0830-1030	Yoga introduction session
1030-1200	Meditation introduction programme
1200-1400	Lunch and rest
1400-1600	Swimming session
1600-1800	Evening Yoga session
1830-1930	Dinner
2200	Lights off

Tuesday

0600-0800	Yoga session
0800-0830	Breakfast
0900-1700 will be provided)	Trekking to Galaboda falls and back by train and on foot (Packed Lunch
0800-1900	Dinner
1900-2100	Night yoga and meditation session
2200	Lights off

Wednesday

0700-0800	Breakfast
0800-1000	Yoga session
1000-1200	Meditation and nature therapy
1200-1500	Lunch and rest
1500-1800	Kayaking and Swimming
1830-1930	Dinner
2200	Lights off

Thursday

0600-0800	Yoga session
0800-0900	Breakfast
0900-1200	Abseiling\repelling\wall climbing
1200-0300	Lunch
1300-1900	Hike to Peacock hill and back (also visit Mahaweli Mahaseya and Kothmale reservoir)
1900 onward	Dinner and Bonfire
2300	Lights off

Friday

0600-0700	Breakfast
0700	Set off for Kabaragala Hike (packed lunch will be provided)
1830-1930	Dinner
2200	Lights off

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Please let us know in advance if you are suffering from any illness/health conditions that we should know of.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

Additional Equipment

Swimming cloths

Sports wear

Sandles

Insect repellent

Hat/Cap

Refillable Water Bottle

Sunscreen and Sunglasses

Pair of shoes suitable for adventure activities (Eg: Sneakers OR Climbing shoes)

Bathroom slippers

Bath Towels and Blankets

Yoga Mattress