



PLANTATION  
VILLA

# SRI LANKA SPIRITUAL TOURS

*Transformation awaits.*



# A LIFE-CHANGING EXPERIENCE

A once-in-a-lifetime 14-day spiritual journey across Sri Lanka — meditate in ancient sacred sites, receive personal guidance and Dhamma teachings from a senior Buddhist monk, and experience profound inner transformation.



## START YOUR JOURNEY

Join us for a unique journey through Sri Lanka, where natural beauty meets spiritual depth. This special guided tour combines the golden beaches, breathtaking hill country, ancient monuments, and incredible wildlife of the island with an authentic introduction to local culture, led by your personal host from Plantation Villa.



[www.plantationvilla.com](http://www.plantationvilla.com)

# WHAT TO EXPECT

**Mind & Body Detox – Begin with a 4-day retreat at Plantation Villa, including:**

- Ayurveda doctor consultation and personalised detox treatments
- Daily yoga, meditation, and mindfulness practices
- Nutritious meals prepared with care
- Community activities and relaxation amidst nature

**Island Exploration – Expect visits to:**

- Sacred temples and ancient cities
- Scenic mountains and tea plantations
- Pristine beaches and wildlife parks

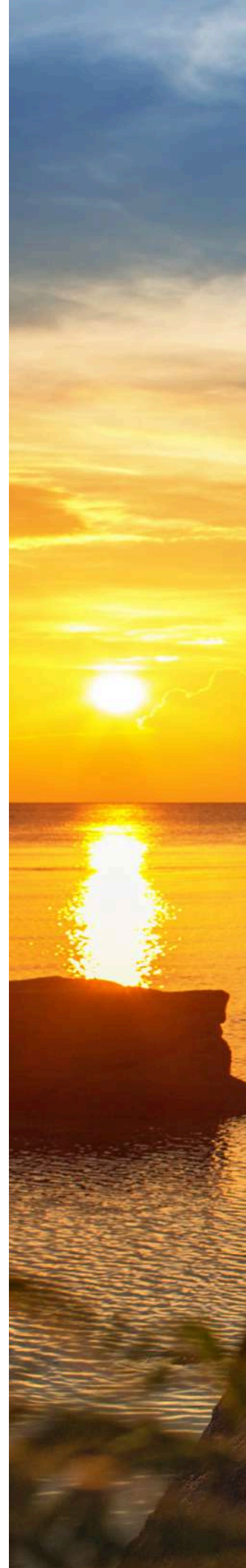
**Spiritual Guidance –** Our senior Buddhist monk will accompany part of the tour, offering teachings, guided meditations, and talks to support your inner journey.

**Accommodation –** Stay at Plantation Villa or carefully selected hotels of equal standard, ensuring comfort throughout.

## DATES & PRICES

**When:** Usually every April  
(dates are announced on our website)

**Cost:** From £1950 per person



# WHAT IS INCLUDED

- 4-day detox package, including all meals and Ayurveda detox treatments during those days
- Airport transfers
- 13 nights' accommodation
- Bed & breakfast meal plan for the remaining days
- Transport for the tour route



# WHAT IS NOT INCLUDED

- Meals (lunch and dinner) outside of the 4 days spent on the detox retreat at Plantation Villa
- Additional treatments at Plantation Villa
- Other travel outside of the tour route
- Entrance fees to sites and tourist attractions



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# BOOK YOUR TOUR

Email: [reservations@sriminal.com](mailto:reservations@sriminal.com)

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