



Name | 1 week Wildcrafted Yoga and Surfing |
Date | Sri Lanka

#	DATE	DAY TO DAY DETAIL	LOCATION	ACCOMMODATION
0	Sunday xxxx	Remember to organise your ETA visa online which is cheaper. If forgotten, you can also easily do it at the airport on arrival. On arrival, your taxi driver will hold a sign for you and you'll be driven 3 hours south to Weligama. Prepare yourself for the crazy roads! After dinner you can relax and have a good, long sleep ready for tomorrow.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
1	Monday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing for one hour with your dedicated, local teacher. 5pm yoga at a hill temple. Dinner at a local curry house.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
2	Tuesday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing for one hour with your dedicated, local teacher. A relaxing afternoon. 5pm yoga at a hill temple. Dinner at your homestay with your host family and group.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
3	Wednesday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing for one hour with your dedicated, local teacher. Take an optional trip to the colonial forte town of Galle. 5pm yoga at a hill temple. Dinner at a local rotti shop.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
4	Thursday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing for one hour with your dedicated, local teacher. Visit a birdwatching lake or local Buddhist temple. 5pm yoga at a hill temple. Dinner at your homestay with your host famil yand group.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
5	Friday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing for one hour with your dedicated, local teacher. Relaxing afternoon on Mirissa beach with optional massage by Nirosha. Beach clean up for an hour. 5pm yoga at a hill temple. Dinner at you homestay with Kirsty.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.

6	Saturday xxxx	An optional, two hour morning of yoga and walking meditation. Surfing practice. Optional tuktuk tour inland. 5pm yoga at a hill temple. Local beach BBQ dinner with optional evening out.	Weligama and Mirissa, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
7	Sunday xxxx	A day of relaxing and any other optional activities. Today you will also have a rare chance to do yoga on mass with locals from the nearby town, Matara from 5pm for two hours.	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach-side homestay.
8	Monday xxxx	An optional surf or yoga class in the morning before your taxi back to Colombo airport.	N/A	N/A

Please Note:

Remember 10% of proceeds goes to one of three projects of your choice.

Except the morning yoga, all optional activities are at extra expense.

1.5 hour pinda massage is around £15.

Tutkuk tour £4.

Galle half day trip £15.