



Travel Plan from August 5 to 20, 2025

a combination of yoga, meditation and immersive journey into the adventures of Lord RAMA and the unique experience of Esala Perahera 2025

August 5 expected arrival in **Colombo, Bandaranaike International Airport**

6 August morning departure to **Kandy** (4 hours' journey) **in occasion of the largest Buddhist religious festival in the world - Esala Perahera 2025**. It takes place in Kandy once a year between the Full Moon in July and the Full Moon in August. It lasts 10 days and the dates are always decided according to astrological calculations. The event is organized by Sri Dalada Maligawa (Temple of the Sacred Tooth Relic) Sri Lanka, and welcomes visitors from all over the world! This year the sacred ceremony goes on from July 30th to August 9th <https://kandyesalaperahera.com>

From August 6 to 10 (4 nights) Kandy - Our days will start with meditation and practice. Esala Perahera ceremonies take place in the evening only, so you can dedicate your free time to city sightseeing, as well as go to the Lake Kiri Muhuda.

Kandy was the last capital of the king of Sri Lanka and today is part of the UNESCO World Heritage Site. It is the center of Buddhism in Sri Lanka, well known for its Temple of the Tooth - Sacred Relic of the Buddha built three centuries ago.

Short trips outside the city will also be organized in order to visit **some important places of the famous Indian epic Ramayana:**

- **Sri Bhakta Hanuman Temple** in Ramboda, located on the hill with a spectacular view of the Kotmale valley. Ramboda is considered to be the first place where Hanuman came to search for Sitadevi, hidden by King Ravana

- **Sita Amman Temple** in Nuwara Eliya is the only temple in the world dedicated to Goddess Sita. According to the epic Ramayana, upon her kidnapping by the King of Lanka Ravana, Sita remained a prisoner for many years in this place before Hanuman (Monkey God) arrived to save her. The story says that Rama's army of monkeys came to save Sita. Ravana punished Hanuman, the leader of the monkeys, by setting fire on his tail. It is said that Hanuman afterwards burned the entire **Nuwara Eliya** with his tail. Legends relate that the black earth, which forms there an upper layer, was made up of the ashes of the city burned by Hanuman.

Due to its particular, very cool climate, the whole area of Nuwara Eliya is known as "Little England". This part of Sri Lanka is very famous for its tea plantations, many waterfalls and quiet rich flora and fauna

August 10 morning departure to **Anuradhapura** – UNESCO World Heritage Site, and the capital of the central-northern province known for its cultural heritage. Anuradhapura is **the birthplace of Sinhalese civilization, Theravada Buddhism and the oldest capital of Sri Lanka** that survived for 1500 years. This sacred city was established around the cutting of Buddha's Tree of Enlightenment, brought there in the third century BC. In the ancient part of the city you can visit some of the largest and most important Buddhist monuments in the world

From August 10 to August 16 (6 nights) **Anuradhapura**

Daily yoga practice from 7 to 9.30am. After 9.30 free time for sightseeing and optional trips to **Sigirya**, another UNESCO World Heritage Site, called also the ‘‘eighth wonder of the world’’

<https://sigiriyafortress.com/>

Mountain lovers will certainly appreciate the climb to the Lion Rock :) In reference to the Ramayana, it is said that the royal palace of King Ravana was located there

Dambulla Cave Temple with **150 Buddha statues** and painted walls / the murals covering a surface of 2,100m² https://it.wikipedia.org/wiki/Tempio_d%27oro_di_Dambulla

Those interested in Ayurveda treatments or consultations with the doctor at the **ADITHYA Ayurveda Hospital** kindly be informed that daily packages are also available, in addition to individual sessions. However, it is necessary to book everything in advance!

<https://www.adhityaayurveda.com/>

August 16 departure to **Trincomalee** (approx. two hours' journey), on the east coast of the island. The name derives from Tamil language "Thirukona-malai" – **Lord of the Sacred Hill**.

Trincomalle is very famous for its white sand beaches, scuba diving and the Temple of Thousand Pillars – Koneshwaram Temple. The main shrine of this temple is dedicated to Lord Shiva – Konanatha Swami. Trincomalee used to be the main center of the Tamil population and culture present in Sri Lanka. The epic Ramayana describes it as the place where Lord Rama stopped with his wife Sita (when he saved her) on their return to Ayodhya in India

From August 16 to 18 Trincomalee (2 nights); the intention is to practice on the beach if possible in the morning

August 18 morning **departure to Colombo** (approximately 5 hours' journey).

August 19 free time to visit the capital of Sri Lanka.

The next day **August 20** back home