



—Sri Lanka—
Day Tours

Umandawa spiritual & village tourism

“One of the most sought after introduction to buddhism programmes in Sri Lanka”

SLDT/1908/Ex31



Why should you book this trip?

- It is a unique experience that gives you an opportunity to get rid of worldly life for a moment and explore life with spiritual understanding, connecting to the core philosophy of Buddhism.
- This experience is ideal for individuals who seek teachings and practices to develop inner peace and mental calmness based on the teachings of Buddhism
- Umandawa is an excellent place located in Kurunegala district, that focuses on the connection of life and environment and is surrounded by lush vegetation and majestic mountain ranges.
- We have designed this programme focused on mediation sessions, dharma discussions, meditative walks through the gardens and mountains, boat rides, and space to be by yourself with mindfulness.
- Parts of Umandawa have been transformed into lucrative organic farms, producing diverse varieties of vegetables and fruits.
- Vegetarian meals and beverages will be served from in-house organic supplies and local herbs.

Quick Facts

- Availability - All year around
- Transfer arrangements can be made for you to be picked up and dropped off to any preferred destination
- Starting time - 6.00 AM
- Meeting point - Umandawa Maha Vihara Ashramaya
- Not recommended for children under 12 years
- Possible to extend the activity with accommodation

Tour in brief

- Arrive at Umandawa Ashramaya at 6.00 a.m. and meet the SLDT representative. After the arrival you'll be provided with a welcome drink and small description about the place and experience.
- You can change into comfortable and appropriate, white coloured clothing and get ready for the experience
- You will be provided with a freshly prepared Sri Lankan breakfast
- Dhamma discussion will start at 8.30 A.M and will focus on mindfulness. This discussion will last for about one and a half hours.
- After that you'll have a small break of 15 minutes. Refreshments with cinnamon tea will be provided.
- After that you'll get an opportunity to enjoy nature and engage in some activities like walking, gardening, animal feeding, hiking, bird watching, and elephant watching.
- Lunch will be completely vegetarian and will be prepared using freshly picked vegetables, grown in nearby organic farm yards.
- After lunch it's the time for the meditation session. Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth
- The experience will end at 5.30 P.M, after a brief discussion session with refreshments.
- It is possible to extend the experience with accommodation in comfortable cottages and container houses that overlook a beautiful mountain range.

Important

- Lightweight and comfortable clothes

Included in the price

- Welcome drink
- Breakfast
- Refreshments
- Lunch

Exclusions

- Extra food and beverages consumed

- Transportation to and from the Umandawa Ashramaya
- Any tips to the staff
- Any personal effects not mentioned here
- Any other expenses not mentioned in 'Price Inclusions' section