SURYA LANKA AYURVEDA RETREAT

This is a typical day at Surya Lanka Ayurveda Retreat.

TIME	ACTIVITY
06:30 – 07:30 (Monday to Friday)	Morning yoga and meditation class on the pool deck.
07:30 – 09:00	Breakfast: A wide range of healthy, fresh and delicious food is served to the table at breakfast.
09:00 – 11:00	Ayurvedic treatments according to your individual treatment plan. During your initial consultation, the Ayurveda doctor will devise your treatment plan, taking into consideration your present medical condition, any ailments, age, etc.
11:00 – 12:30	Time to relax and enjoy the peaceful natural surroundings. Surya Lanka enjoys absolute beach frontage, with direct access to a kilometre-long bay. The Talalla beach is ideal for swimming at certain times of the year (approx. December to March). Alternatively, you may wish to relax in the shade of the palm trees on the estate, or lounge on the pool deck next to the freshwater swimming pool.
12:30 – 14:30	Lunch: The lunch time buffet offers a generous spread of vegetarian and vegan dishes. On offer you will find fresh fruit juices and king coconut, a wide selection of vegetables prepared in different ways, soups and curries. Fish and chicken dishes may be offered on a few days a week.
14:30 – 17:00	Time at leisure to relax or join one of the scheduled activities on offer. Surya Lanka offers a weekly afternoon excursion to places of interest (a visit to Galle Fort, a tea plantation tour, or a visit to Mulkirigala Rock Temple). Other activities include a weekly cooking demonstration, a fortnightly Panchakarma lecture by the Ayurveda doctors, and a fortnightly botanical tour of the garden.
17:00 – 18:00 (Monday to Friday)	Evening yoga and meditation class on the pool deck.
19:00 – 21:00	Dinner: Meals are usually taken outside in the Surya Lanka palm garden. Sri Lankan cuisine is mostly vegan, with coconut as the base of the curries. Along with delicate soups, the dinner buffet offers an array of Sri Lankan curries made from a wide selection of mildly seasoned vegetables, pulses and mallums, as well as rice. Fish and chicken may be served several times a week as part of the dinner buffet, with a weekly BBQ to add further variety.
21:30	Ensure that you get a good night's rest.