



# INNER HARMONY AYURVEDIC PROGRAMME 7 NIGHTS

Creating emotional and spiritual balance.

Escape to Sri Lanka's breathtaking southern coast and find luxurious seclusion at Anantara Peace Haven Tangalle Resort. Embark on a journey of natural ayurvedic healing, refreshed by lush palms, azure waves and golden sands. Restore emotional and spiritual balance in uplifting coastal beauty.

Discover how meditation in a paradise free from distractions clears the mind. Contemplate in Buddhist temples. Be impressed by island wildlife and tropical nature. Let creativity flow as you paint with local artisans. Harmonise with treatments to calm your nervous system, generate positive energy and peace. Master the tools to continue your Inner Harmony journey with inspirational life coaching.

## INCLUSIONS:

- Personal consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Three private 60-minute Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- Five spa treatments per stay
  - One 90-minute Anantara Signature Massage
  - Two 60-minute Head Massages
  - One 60-minute Shirodhara treatment
  - One 90-minute Thai Massage
- Five Local Experiences per stay
  - Rakawa Turtle Conservation (seasonal from September – April)
  - Guided excursion to Wewurukannala Buddhist Temple
  - Guided excursion and monk's blessing at Kadurupokuna Buddhist Temple
  - Herbal Garden Tour and Lake Boating at Sanu
  - One three-hour Painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

Priced at **USD 1,450 per person**, inclusive of applicable tax and service charge.

## Terms and conditions apply.

- Ayurvedic treatments are personalised and are subject to change based upon the Doctor of Ayurveda's guidance.
- Ayurvedic treatments work by internal cleansing and may cause a disturbance to your usual body rhythms.
- People below 18 years of age and above 70 years of age are not eligible for certain programmes, and will require a doctor's approval.
- If you have any current or chronic illnesses, a medical clearance is required to enroll in the wellness programmes.
- A waiver of release will be signed before commencement of the programme.

For reservations and more information,  
please contact [reservations.srilanka@anantara.com](mailto:reservations.srilanka@anantara.com).

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RESORT