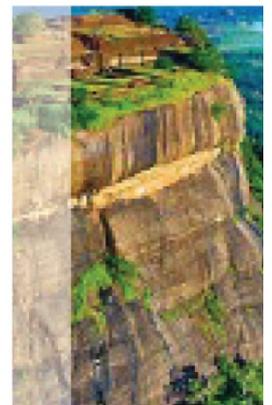


SRI LANKA

# *New You*

## Luxury Adventure & Retreat



14 - 24 February 2019

T. 01531 800388



SRI LANKA

# ***New You***

Luxury Adventure & Retreat

Rediscover yourself in enchanting surroundings  
and find your hidden inner resources



**Visit Sri Lanka on our 'New You' Luxury Adventure & Retreat  
14th to 24th February 2019.**

This is a unique opportunity to enjoy the wonders of Sri Lanka whilst enabling yourself to recharge and gain a new perspective on life. This is a physical adventure through a magical country of nature and history, alongside an emotional journey through self-understanding to create a new world free of over-powering emotions. You will feel stronger and freer.

Website; <https://bit.ly/2Jeej2>

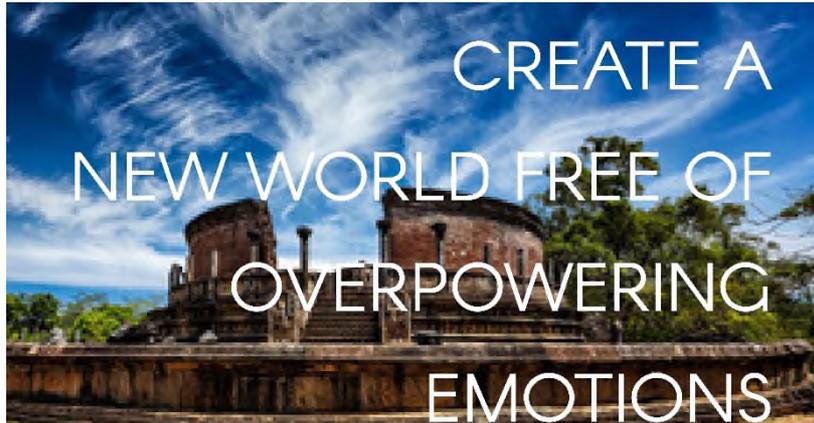
Facebook; <https://www.facebook.com/events/916062871913773/>

Pinterest; <https://bit.ly/2JiP6S>

Bookings:

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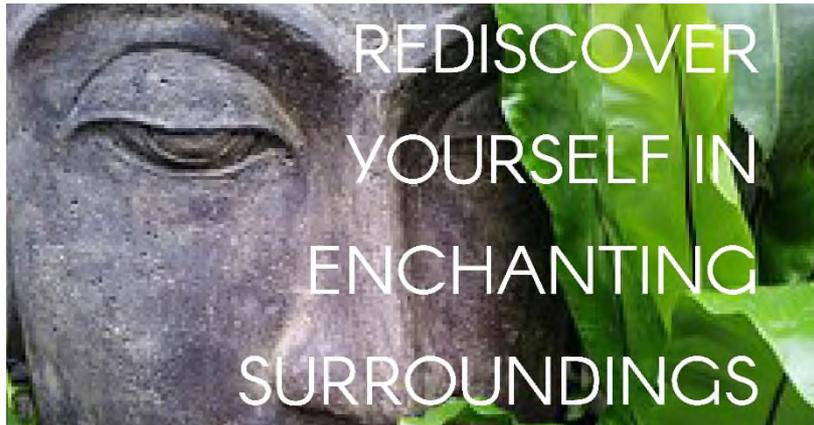
## Visit:

- **Negombo** and enjoy the warm sun and tropical waters, whilst unwinding with the slower Sri Lankan way of life
- **Dambulla** and experience magical Sinhalese Buddhist art in five remarkable grotto caves
- **Anuraphura** and immerse yourself in a new culture within the ancient temple and start to visualise a new you. Experience inner peace, stepping back in time in these ancient temples and holy places
- **Sigyriya** and challenge your comfort zone by climbing this spectacular rock fortress
- **Ella Green Tea Plantations** and immerse yourself in nature and give yourself the time and space to rediscover yourself
- **Galle** enjoy rest and relaxation and take time to review your experience you're taking home with you; new ways of being viewing your world from a new, fresh and positive perspective
- **All luxury hotels 4 or 5 star full board**

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## Experiences:

- **A jeep wildlife excursion**, visiting baby elephants, spotting leopards and more, taking you out of yourself and into a world of freedom
- **A two-day retreat** in Galle, to begin to trust your own insights and build a positive mindset.
- **A mini trek** on Mini Adams Peak, to experience flourishing forests and to find out how to honour your body while soothing your mind
- **Whale and dolphin watching** in Mirissa, experiencing the wonder of nature as these majestic creatures emerge from the Indian Ocean
- **Aromatherapy massages** (x2) free of charge using a tailored blend of essential oils to unlock tensions
- **Meditation and Mindfulness**, enabling private reflection and building inner strength and understanding

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## Feel free to let go of:

- **Exhaustion** and feeling drained all the time – find a simpler lifestyle
- **Stress and tension** and release niggly, worrying symptoms
- **Conflict** at home, at work or within relationships
- **Divorce or Separation** and feel free and able to start again
- **Manipulation** and on-going stress within your relationships
- **Loneliness, sadness or shyness** and enjoy the company of like-minded people
- **Low self-esteem**; identify your inner strengths and resources and build a ‘new you’
- **Insomnia**; understand better what keeps you awake as you find inner calm
- **Chronic symptoms**; understand your body better and find ways to become more comfortable

## Create:

- **A sense of inner calm** you never thought possible
- **A new way of looking at your life**; celebrate those things you have already and bring into your life that which you desire; increase your spiritual quotient
- **A new sense of direction** knowing what is right for you now
- **Brand new relationships**; with the people you know now or brand new people
- **Confidence** in any situation as you realise that you are a strong, lovable and resourceful person
- **Resilience**; able to adapt to situations and assess what is relevant to you and what you can let go of; and tell the people involved in an assertive way.
- **Clarity**; judge what is right for you in any situation from a calm perspective; seeing any situation for what it is rather than what you thought it was
- **A stronger body**; understand how you can help yourself on a regular basis at home

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## Guides:

Fran Doidge and Gabi Gogan are your guides and coaches. They will be with you every step of the way, supporting your physical and emotional journey. They will work with you to look at health issues, identify concerns, issues or anxieties to identify your choices and work through the potential consequences. Helping you make clear decisions and defining clear goals, your guides will enable you to reach a positive mindset and attitude for success and understand your body better



[Gabi Gogan](#) supports people through Transformation, which compliments [Fran Doidge](#)'s focus on relationship coaching and wellbeing. Their combined experience and life coaching skills will be used to empower you and enable you to manifest the life you chose and a healthy strong mind and body.

The itinerary and travel planning has all been beautifully brought together into this magical, luxury adventure and retreat package by [ARC Adventure](#).

**Costs:** Early-bird Prices start from £2,250 (plus flights) for the first four bookings, Full Price starts from £2,500 (plus flights). Payment plans available.

**Bookings:**

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## Escape to Wellness Itinerary and Hotels

All hotels are 4 or 5 star and are en-suite. Based on two sharing, £750 single supplement

This itinerary is based on flights from Birmingham. The times of flights will be firmly confirmed only after booking.

**13<sup>th</sup> February 2019** Depart from Birmingham Airport

**24<sup>th</sup> February** Depart Colombo Airport

**25<sup>th</sup>** Arrive back in UK

**Day 1. 14<sup>th</sup> February** Arrival Day

**Goldi Sands Hotel in Negombo:** Pick up at airport, proceed to Negombo. Leave 16<sup>th</sup> February.

Set just off the beach in beautiful surroundings, Goldi Sands is the perfect place to spend your first night whilst refreshing yourself after a long journey. Not only are the en-suite rooms quaint and peaceful, but the food is delicious and the chefs will even cook up some local flavours which will leave your mouth watering and your body and mind ready to enchant on an incredible journey. Negombo is a popular beachside retreat. It boasts of some of the finest beaches in the country. Opening workshop on the beach will help you land and meet/ start connecting with your fellow adventurers.

**Day 2. 15<sup>th</sup> February** Relaxation day

**Day 3. 16<sup>th</sup> February Trip to DAMBULLA**

On route visit elephant orphanage at Pinnawela.

Next stop at Dambulla Cave Temples with the Golden Buddha.

**Amaya Lake Hotel in Dambulla:** Arrive 16<sup>th</sup> February evening, leave 19<sup>th</sup> February.

We welcome you to a glorious haven of tranquillity. Immerse yourself in the surreal beauty of nature at stunning Amaya Lake Hotel. Let the fragrant breeze that sweeps across Kandalama Lake lull you to perfect relaxation at our beautifully designed rooms and luxuriously appointed suite. As the birds sing melodiously in the softly rustling trees and lavish hospitality gently warms your heart, you will discover that this place is truly your very own home away from home!

**During your stay:**

**Day 4. 17<sup>th</sup> February** Visit peaceful ANURADHAPURA Temples and ancient sites

**Day 5. 18<sup>th</sup> February** Early morning Climb SIGYRIYA Rock then 14:30 leave for Jeep Safari around MINNERIYA National park

**Day 6. 19<sup>th</sup> February Trip to ELLA** Enjoy the wonderful vistas of the tea plantations

**98 Acres Hotel at Ella:** Arrive 19<sup>th</sup> February leave 22<sup>th</sup> February

**Experience the beauty and serenity of Sri Lanka's scenic hill country within the luxurious comforts of a boutique hotel par excellence. 98 Acres Resort and Spa is an elegant, chic hotel that stands on a scenic 98 acre tea estate, surrounded by a stunning landscape.**

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The uniquely designed resort blends well with nature, and consists of charming chalets mostly made of recyclable substance. Discarded railway sleepers are put to good use in the making of decks and walls at the resort. Rough, hewn granite lend simple elegance to the floors of chalets adorned with thatched roofs of 'Illuk' straw that adds to their rustic beauty. The exquisite country side, breath-taking views and exciting nature trails will assure you of a memorable experience at one of the most breath-taking Ella hotels in the region.

**During your stay:**

**Day 7. 21<sup>st</sup> February** Trekking tour around Mini Adams peak.

**Day 8. 22<sup>nd</sup> February Trip to GALLE**

Early morning start to set off for Mirissa for whale watching on the way  
**City tour of Galle town nearby shortly after arrival.**

**Amari Hotel at Galle:** Arrive 22<sup>th</sup> February leave 24<sup>th</sup> February

**A voyage of discovery consists not only in seeking new landscapes, but in new experiences, new cultures, in sharing lifetime memories. Enriched with lush natural greenery, bursts of spices in the air, stunning architecture and fascinating sculptures set against dramatic coastal scenery, we're inviting you to explore and unearth Galle's unimaginable beauty.**

**Imagine strolling along the coast, warm light breezes and pristine sandy beaches and sea caressing your feet. Think of afternoons by the pool, in an oasis of calm, a canvas of turquoise and blue which surrounds you and retreating to a sanctuary of peace and comfort. Simplistic elegance with subtle touches inspired by our locale's colonial roots.**

**During your stay:**

**Day 9. 23<sup>rd</sup> February** After breakfast beach and workshop day

**Day 10. 24<sup>th</sup> February Trip to Airport at Colombo 2.5 hr**

Pick up from the hotel and proceed to the Airport for departures.  
**Arriving Birmingham airport on 25<sup>th</sup> February.**

**Your trip is inclusive of:**

Meet and greet service

Delicious meals (apart from meals on transit)

Entrance fees to places of interest (Pinnawela Elephant Orphanage, Dambulla Cave

Temples, Anuradhapura ancient site & Sigiriya Rock Fortress)

Jeep hires at Minneriya National Park

Trekking Tour at Mini Adams Peak

Galle city tour

Whale Watching safari

**JUMP IN AND ENJOY THE ADVENTURE!**

**Bookings:**

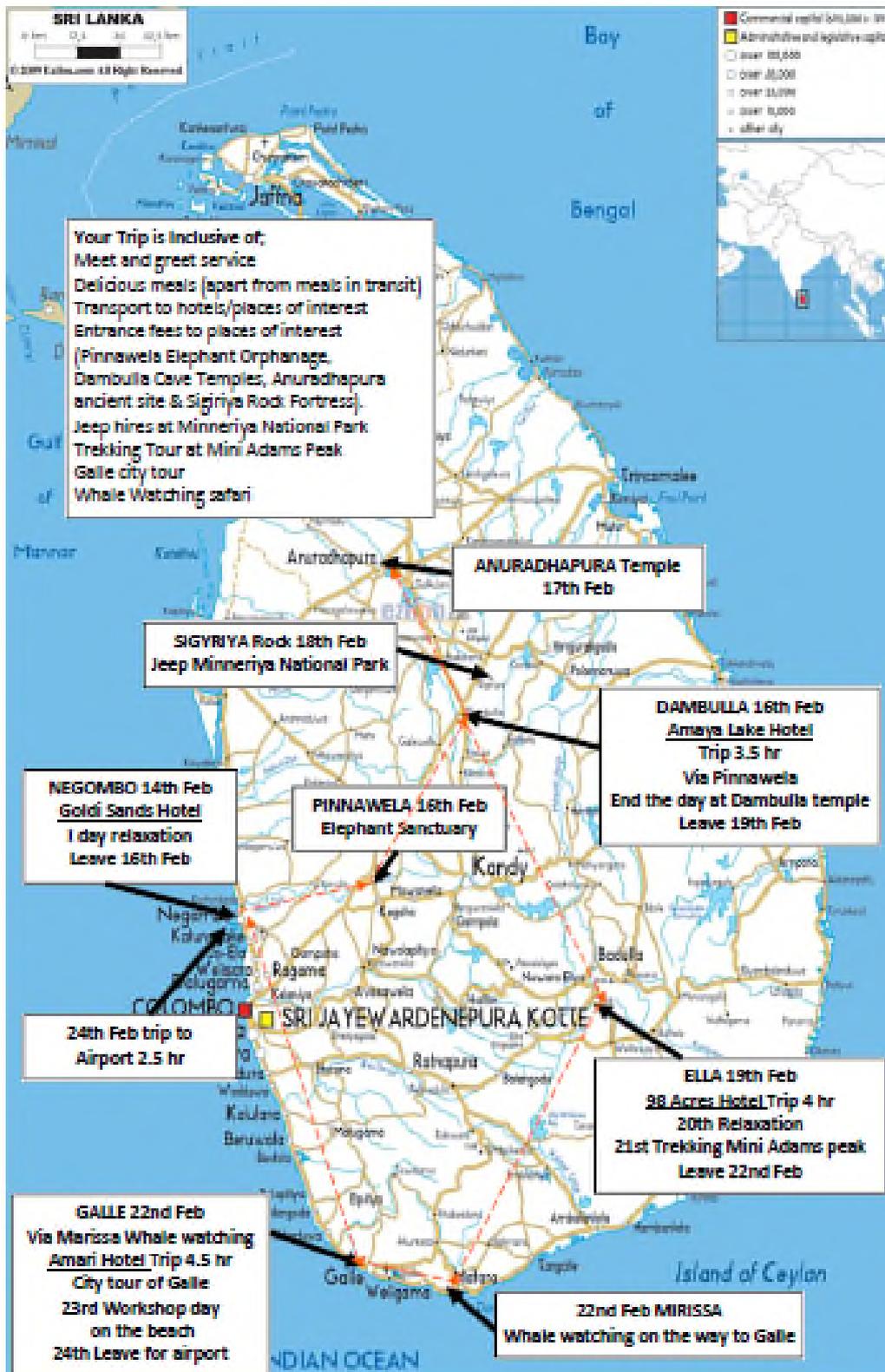
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## ESCAPE TO WELLNESS

Sri Lanka 'New Me' Retreat February 14th to 24th 2019

### Map and Itinerary



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