

**Spiritual Adventure to Sri Lanka 2018**  
**Hosted By Bhante Sujatha and Sanatha Suwaya**  
**Tentative Itinerary**  
**July 1 - July 15 (15 days/ 14 nights; Depart 15<sup>th</sup> evening)**

**July 1<sup>st</sup> (Day 1)**

Morning arrival at Bandaranayake International Airport (CMB)

Check-in to Negombo Hotel

Lunch

Siesta

Group Orientation Dinner

Overnight Stay

**July 2<sup>nd</sup> (Day 2)**

Morning Meditation and Breakfast

Depart for Pinnawela Elephant Orphanage

Orphanage Visit / Lunch over Elephant River Bath / Shopping

Arrive Kandy and Check-in

Evening Meal with Bhante Sujatha's Family

Overnight Stay

**July 3<sup>rd</sup> (Day 3)**

Morning Yoga and Meditation

Breakfast

Morning Visit to Sri Subodharama Buddhist Temple

Meditation Under The Bodhi Tree

Tour the Royal Botanical Gardens

Lunch

Siesta

Cultural Dance Show

Dinner

Overnight Stay

#### **July 4<sup>th</sup> (Day 4)**

Morning Yoga and Meditation

Tour Ayurvedic Spice Garden / Shopping

Lunch

Depart for Sigiriya

Climb Sigiriya Rock – Mountaintop kingdom and home of the third capital of Sri Lanka. Sigiriya Rock requires moderate to high physical exertion. There will be an alternate group option that will visit the on-site museum and water gardens.

Dinner

Overnight Stay

#### **July 5<sup>th</sup> (Day 5)**

Morning Yoga and Meditation

Breakfast

Depart for Polonnaruwa – Location of the second capital of Sri Lanka. This area is noted for its well-preserved remnants and artistic skill and variety. This excursion requires moderate physical exertion, moving between foot and vehicle travel.

Afternoon Exploration of Polonnaruwa – Ancient Garden City Complex, Great Hall, Temple, Gal Vihara

Lunch

Visit Wood Carving Center

Return to Hotel

Dinner

Overnight Stay

## July 6<sup>th</sup> (Day 6)

Morning Yoga and Meditation

Breakfast

Depart for Anuradhapura - Sri Lanka's First Major Civilization. Anuradhapura is known for its vast area, well-preserved foundations, and giant Stupas, and Sacred sites. This location requires moderate physical exertion, moving between foot and vehicle travel.

Daytime Exploration at Anuradhapura; Moon Stone, Twin Ponds, Samadhi Buddha

Lunch

Siesta

Dinner

Evening Exploration of Anuradhapura; Sri Maha Bodhiya, Jetavana, Ruwanvalesiya

Overnight Stay

## July 7<sup>th</sup> (Day 7)

Morning Yoga and Meditation

Breakfast

Depart for Mihinthale – See the monuments honoring the sacred site where Buddhist emissaries first brought the teachings of the Buddha to the King of Sri Lanka. This excursion will involve a medium to high level of physical exertion.

Kalu Diya Pokuna (Black Water Pond)

Lunch

Depart for Dambulla Cave Temple – This exquisite and well-preserved testament to art and devotion lies safely tucked throughout the entire complex of the cave temple. Make

your way up the stone road to the top of the mountain to experience this treasure set among an expansive scenery. This excursion will involve a medium level of physical exertion.

Explore Dambulla Cave Temple

Dinner

Depart for Kandy

Overnight Stay

### **July 8<sup>th</sup> (Day 8)**

Morning Yoga and Meditation

Breakfast

“Day of Friendship and Exchange” – Community Interaction Day, details to be announced.

Lunch

Dinner at Sanatha Suwaya

Overnight Stay

### **July 9<sup>th</sup> (Day 9)**

Morning Meditation

“LOVE IN ACTION” – Charitable Event date. Details to be announced.

Lunch at Sanatha Suwaya

Visit The Sri Dalada Maligawa (Temple of the Sacred Tooth Relic of the Buddha) – A former palace to the king, the temple is a major pilgrimage site for Buddhists all over the world, with nearly 5,000 visitors per day. Witness the architecture, presence, and devotion surrounding Sri Lanka’s most precious relic.

Dinner

Overnight Stay

### **July 10<sup>th</sup> (Day 10)**

Morning Yoga and Meditation

Breakfast

Tea Plantation and Factory Tour

Lunch

Visit Ramboda Waterfalls

Depart for Nuwara Eliya – Known as “Little England”, the small and quaint mountain town offers an architectural view, into the world the occupying British brought with them to the familiar climate.

Evening Walk Followed By Dinner

Overnight Stay

### **July 11<sup>th</sup> (Day 11)**

Morning Yoga and Meditation

Breakfast

Scenic Train Ride from Nanu Oya to Haputhale

Late Lunch

Siesta

Dinner and Dhamma Discussion

Overnight Stay

### **July 12<sup>th</sup> (Day 12)**

Morning Yoga and Meditation

Breakfast

Depart for Yala – Home of the second largest national park in Sri Lanka. This arid region is home to an exciting variety of growth different from those at the higher altitudes, and wildlife featuring elephants, bear, birds, and leopards.

Lunch at Rawana Waterfall

Yala National Wildlife Preserve Safari

Dinner

Overnight Stay

### **July 13<sup>th</sup> (Day 13)**

Morning Yoga and Meditation

Breakfast

Depart for Southern Coast

A Day at the Beach!

Dinner

Overnight Stay

### **July 14<sup>th</sup> (Day 14)**

Morning Yoga and Meditation

Breakfast

Scenic drive to Galle

- See The Stilt Fisherman of Weligama

- Visit The 2005 Tsunami Monument

Visit Galle Fort – The 400 year old town was built by the Portuguese and fortified by the Dutch. Mixing European and South Asian architecture, the streets are lined with shops, art galleries, and museums.

Lunch

Return to Hotel to Refresh

Parting Ways Dinner

Overnight Stay

### **July 15<sup>th</sup> (Day 15)**

Morning Breakfast

Check out hotel and Depart to Airport

---

**Total Journey Cost: \$4,200.00 USD (Payment Details below)**

Includes:

- Accommodation
- Transportation
- Meals
- Guides
- Entry Fees
- Tips (Gratuuity) at Mealtimes
- Tip for Drivers

Does Not Include

- Flights
- Alcoholic Beverages
- Room Service
- Souvenirs
- Tips outside of Mealtimes

**Special Notes:**

This tentative schedule is intended to outline the 2018 “Journey to Sri Lanka with Bhante Sujatha.” All destinations and excursions are included in your journey, however times and dates will be subject to change. **Please Note: This is an ambitious schedule and additional destinations may be announced.** Participants will be well informed regarding all changes made to the itinerary.

Flights from the US must depart on June 29<sup>th</sup> in order to arrive in Sri Lanka on July 1<sup>st</sup>. If you need any help making travel arrangements, we recommend:

Prasanna Perera  
NYC Travels and Tours LLC  
182-30 Wexford Terrace 5T  
Jamaica NY 11432  
Tel - [718-701-5809](tel:718-701-5809)  
Fax - [718-701-5870](tel:718-701-5870)

Please ask for Prasanna who will have a copy of our travel dates and can answer your questions to guarantee your safe and timely flight.

Travel insurance is not provided and should be purchased by the traveler if desired.

On certain dates “Elective Excursions” may be offered to guests as alternatives. Transportation will be provided for each excursion. Notifications of excursions will be made at orientation dinner.

A special intention of this trip is to not just tour a beautiful country but to interact deeply with its people and customs. Our intention is to create opportunities to be **with** people in a meaningful way, and special highlights in the journey include:

**Community Service and Outreach Programs  
Getting off the Beaten Path by Visiting the Homes and Villages of Friends and Family**

Specific details for these events will be announced later.

Please contact Michael Fronczak at [sanatha55@gmail.com](mailto:sanatha55@gmail.com) with any and all questions.

**PAYMENT INFORMATION**

**Payments can be made by check to:**

The Blue Lotus Buddhist Temple  
221 Dean Street, Woodstock, IL  
60098

**\*\*Please include in the memo: "2018 Spiritual Journey"\*\*  
Receipts will be sent by email**

**A non-refundable 12.5% down payment is required for registration.**

**Total cost must be paid in full on or before April 27, 2018. Payments made after April 27, 2018 will be subject to late fees.**

**Late registrations made after April 27, 2018 must be paid in full and may be subject to additional fees.**

**In the event of cancellation, the following fees may be applied to all payments made over the non-refundable deposit:**

Cancellation occurs more than 8 weeks before July 1, 2018: 100% refunds of total payments made.

Cancellation occurs 4 to 8 weeks before July 1, 2018: 50% refund of total payments made.

Cancellation occurs 2 to 4 weeks before July 1, 2018: 25% refund of total payments made.

Cancellation occurs 2 weeks or less before July 1, 2018: 0% refund.

1. It is the customer's responsibility to check the reservation and ensure that the particulars contained therein are correct.
2. To secure a reservation, the customer shall pay a non-refundable, non-transferable deposit in the sum of 12.5% of the total amount due for each person named in the reservation. Once paid, that position is held unless balance payment is not made by April 27, 2107, or a formal cancellation submitted by email by paying party and appropriate fees applied.
3. All balances due over the non-fundable down-payment shall be paid by the customer not less than 8 weeks prior to July 1, 2018.



4. Reservations made after April 27, 2017 weeks must be paid in full at time of booking and may be subject to late fees.
5. If payment over the non-refundable deposit is not received by April 27, 2017, the right is reserved to cancel the reservation and retain the deposit.
6. Payment schedules may be applied at the discretion of event coordinators. For details, send your inquiries to Michael Fronczak by email to [sanatha55@gmail.com](mailto:sanatha55@gmail.com).
7. Late payments made after April 27, 2017 will be subject to a charge of 10% of the total value of the balance due for that registrant.

**Payments can be made by check to:**

The Blue Lotus Buddhist Temple  
221 Dean Street, Woodstock, IL  
60098

Please include in the memo: "2018 Spiritual Journey"  
Receipts will be sent by email

**TERMS AND CONDITIONS**

1. Due to events beyond our control, the right is reserved to make any changes to events in this itinerary, and shall inform the customer as soon as possible. Alternative arrangements will be offered in the event of high to moderate physical exertion required.
2. We are not held liable for flight costs.
3. The right is reserved to offer discretionary discounts and this does not affect the status of any guests who have paid the full price and no discount will then become due to them.
4. The customer shall not use any property beyond permitted use and shall not use the property for any offensive, noisy, dangerous, illegal, entertainment, immoral or improper purposes. The customer shall not do anything which may be a nuisance or annoyance to citizens of Sri Lanka, and its guests, staff or owners.
5. The customer accepts responsibility to keep all fixtures, fittings, furniture and effects in a clean and good condition and shall replace any articles which are destroyed or missing with articles of a similar kind and of equal value.
6. The right is reserved at our sole discretion to terminate participation in the journey, or any of its facilities in the event of any breach of these terms and conditions. The customer will be required to vacate the property and we shall not refund payment or accept any consequential liability damages or loss.
7. We retain all copyright licence rights and sole exclusive ownership of the information, photographs and material displayed on its website. The material may not be modified, copied or used in any other way.
8. Any payee for an event has to be 18 years of age or older and agrees to be entirely financially responsible for all charges and other fees arising from use.
9. The journey leaders accept no responsibility for keeping the website up to date and will not be liable for any loss by its failure to do so. We are not responsible for the contents of any links displayed on our website.

10. It is the customer's responsibility to ensure that he/she has all the relevant travel documentation and arrives at the airport in time.
  11. The journey leaders can accept no responsibility for delay or cancellation of any flights, train, buses or other forms of transport.
  12. The journey leaders reserve the right to alter any facility accommodation or yoga activity.
  13. The customer must comply fully with all and any health and safety regulations. The customer must ensure that he/she is medically and physically fit and able to use our facilities and participate in activities. Customers who have injuries or illnesses are advised to seek doctor's advice if practicing yoga or physically demanding activities. The journey leaders are not liable for any injuries to the customer in his/her use of our facilities or participation in activities. A customer must always stop and rest if he/she is feeling any pain or sickness and inform the teacher of any previous injuries.
  14. The journey leaders cannot accept any responsibility for loss or damage of personal possessions or valuables of the customer.
  15. In the event of a customer having any complaint then he/she will not discuss this with any third party and shall notify the journey leaders as soon as possible.
  16. The journey leaders shall not be liable for any failures beyond its control. This covers natural disasters, war, 'acts of God', closure of airports, civil strife, accidents or failure to perform by third parties, including suppliers and subcontractors.
  17. The journey leaders accept no liability for loss, damage, injury or illnesses which may be received during the customers stay or travelling to and from Sri Lanka.
  18. We recommend that all customers have adequate travel, cancellation, and medical insurance for the duration of the trip.
  19. These terms and conditions shall be governed by Sri Lankan Law and the parties consent to the exclusive jurisdiction of the Sri Lankan courts in all matters regarding them.
-