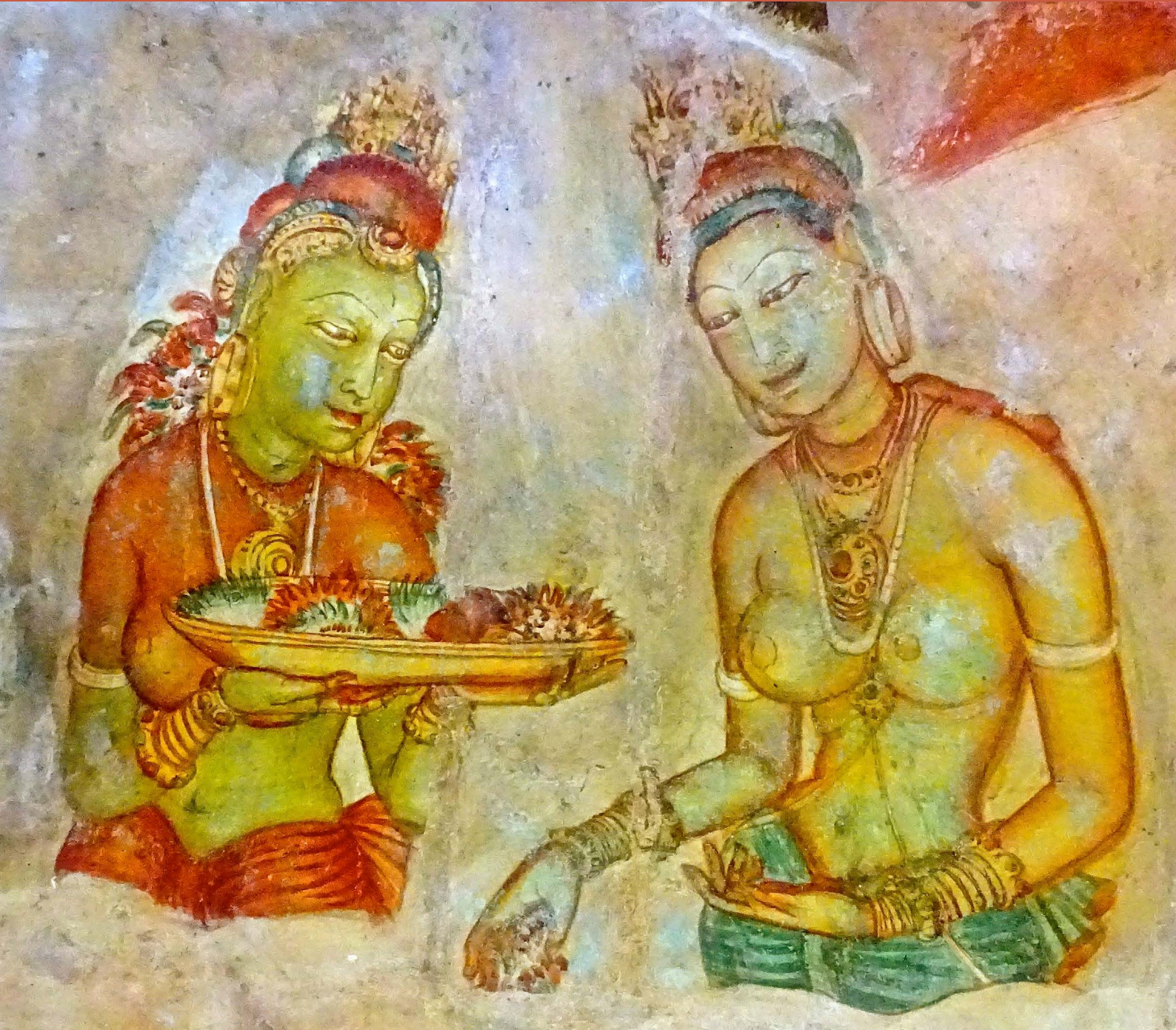


SRI LANKA

Healing Art Tour



TOUCH OF
SPIRIT
TOURS



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SRI LANKA Healing Art Tour

A Sri Lankan Journey

Discover Sri Lanka's wonderful cultural richness as you learn and practice life-enhancing healing art and meditation on this 16-day wonder-filled journey.

Commencing from Negombo on 25th June 2016, highlights include: amazing ancient monuments in the former capital cities, a tour of Kandy, wonderful cave paintings at Sigiriya Rock, incredible stone carvings in Dambulla cave temples and lush tea plantations in the breathtaking mountain region. Learn about the health benefits of spices as you tour a spice plantation and enjoy a mouthwatering lunch. Enjoy the beautiful beach of Trincomalee, the interesting city of Colombo and other great sights. Along the way there are great shopping opportunities, wonderful art galleries and enticing cuisine for you enjoy.

Australian artist, Jo Parkinson, travels with us teaching healing art throughout the tour. This beautiful journey will enrich your life and delight your spirit.



ITINERARY

Day One

Arrive in Colombo and transfer to our lovely beach-side hotel. Overnight Negombo

Day Two

After breakfast, we will meet for an official welcome before visiting some local sights. There is some free time in the afternoon to relax by the resort's beach side pool or have a massage followed by a late





afternoon art class. Overnight Negombo.

Day Three

Drive to the magical ancient city of Anuradhapura, the former capital of Sri Lanka. En route we have a safari through Wilpattu National Park. Enjoy an art class by the pool in the late afternoon. Overnight Anuradhapura.

Day Four

Go on a sightseeing tour of the fascinating Buddhist stupas and ruins by cycle or rickshaw. Enjoy some free time in the afternoon as well as an art class by the resort's lovely garden pool. Overnight Anuradhapura.

Day Five

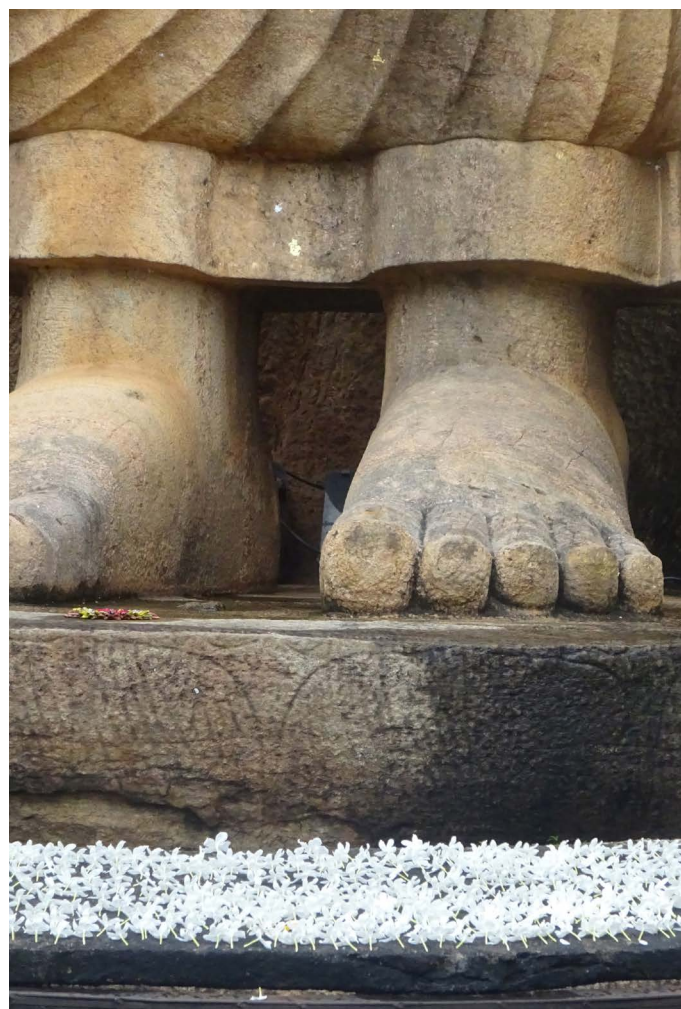
A morning tour will take you to the beautiful hill-top location of Mihintale, famous as the place where Buddhism was introduced to Sri Lanka. Enjoy the pool and an art class in the afternoon. Massages are also available. Overnight Anuradhapura.

Day Six

Drive to Trincomalee, a wonderful beachside location. Enjoy a swim and art class in the afternoon. Overnight Trincomalee.

Day Seven

This morning we visit the main sights and in the afternoon you can enjoy the beach, the resort's lovely pool or a relaxing massage before a late afternoon art class. Overnight Trincomalee.





Day Eight

There is free time today for swimming, snorkeling, relaxing, shopping etc. An art class will be held and there is also whale and dolphin watching boat trips available. Overnight Trincomalee.

Day Nine

Today we visit the ruins of Polonnaruwa, the second former capital of the country, for lunch and a guided tour – take a rickshaw or cycle around the outstanding ancient monuments. Enjoy an art class and a picnic lunch at the ruins. Overnight Avudangawa.



Day Ten

An early visit to Sigiriya Rock, one of the most amazing sights in Sri Lanka, makes a great start to the day. We then visit Minneriya National Park to sight some elephants. Enjoy some free time before a late afternoon art class. Overnight Avudangaw.

Day Eleven

This morning we visit the incredible Dambulla Cave Temples, packed with fabulous buddhist art, and the colossal Buddha statue at Aukana. The afternoon is free to relax with an ayurvedic massage or swim in the resort's lovely pool. An art class will also be held. Overnight Avudangawa.

Day Twelve

Today we drive to Kandy with a stop en route for a guided tour and lunch at a spice plantation. After the day's art class we have an early evening





tour of the Temple of the Tooth, the most-visited sacred sight in Sri Lanka. Overnight Kandy.

Day Thirteen

This morning we visit the lovely botanical gardens for a tour and an art class. The afternoon is free to wander the town, visit the gem factory, enjoy an ayurvedic massage or just relax. In the late afternoon, you will witness a wonderful cultural dance and fire walk. Overnight Kandy.

Day Forteen

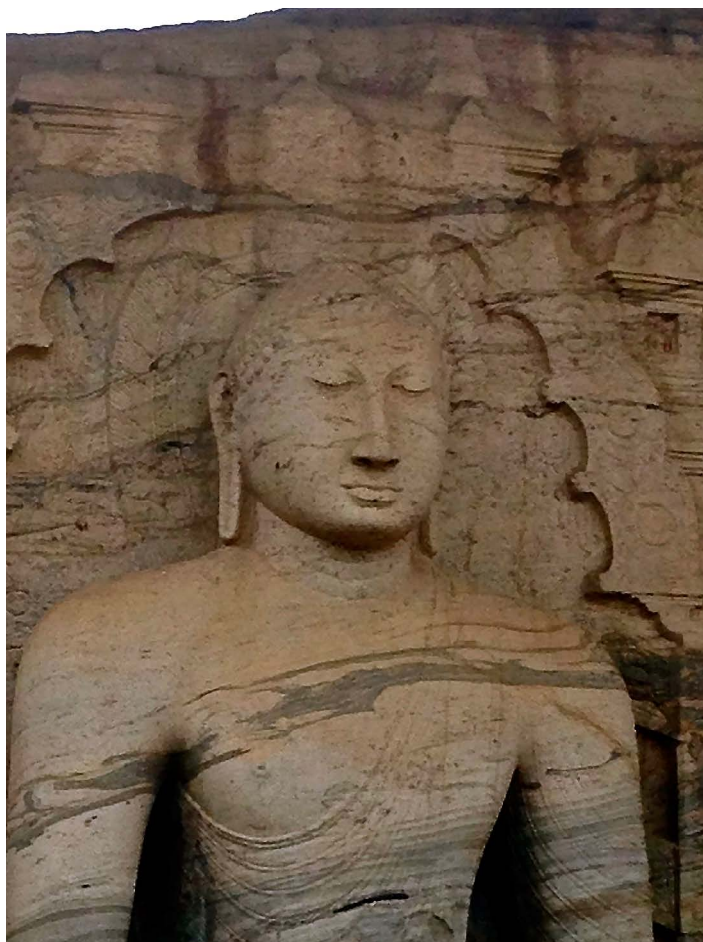
Go on a scenic mountain drive through beautiful tea plantations to Nuwara Eliya. On the way, we visit a tea factory to see how Sri Lanka's wonderful tea is made and to sample some refreshing tea. A tour of the town is planned for the late afternoon. Overnight Nuwara Eliya.

Day Fifteen

Enjoy the scenic mountain views as we drive to Colombo. Go on a city tour. Overnight Colombo.

Day Sixteen

Morning art class with the rest of the day to visit some art galleries, shop, swim in the resort's beach-side pool or just relax. Depart in the evening.





ADDITIONAL INFO

Your 16-day experience includes air-conditioned travel, stylish accommodation, all excursions, entrance fees, many meals, bottled water, guides, guide tips, meditation classes, healing art classes.

Price \$4,120 per person twin share.
(Single supplement \$1040)

Art Classes

No art experience is necessary, just a willingness to explore your creative side and have fun. All art materials are supplied in a small travel kit and extra art goodies can be purchased as we travel.

Jo Parkinson brings a spiritual side to the art sessions by beginning with a short meditation. Jo also has a love of combining the elements of nature into her art works and will share her techniques with you.

This tour is the ultimate holiday with just the right mixture of art, adventure, rejuvenation, culture, spirituality and joy.



For booking information contact:

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Please note: The itinerary may be subject to change depending on altered circumstances.