



DESTINATION MANAGEMENT COMPANY · SRI LANKA

Wellness Bliss in the Cultural Triangle

AYURVEDA & WELLNESS RETREAT · SIGIRIYA · SRI LANKA

DURATION

3 · 5 · 7 · 14 nights



Ayurveda at Amuna, on twelve acres of paddy land between Sigiriya and Kandalama lake. Choose three, five, seven or fourteen nights — consultation, daily therapy, twice-daily yoga and a wholly Ayurvedic kitchen, in eco-built dwellings, treehouses and a villa.

TIP This is an overview of the programme. For current rates and availability, please contact us with your travel dates and party size.

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01 · Welcome

Ayubowan

Thank you for considering Exotic Global Holidays for your Ayurveda travel. As Sri Lanka's premier destination management company, we build authentic, unhurried journeys around the people who take them — their interests, their pace and their comfort.

Wellness Bliss in the Cultural Triangle is a single-property retreat programme at Amuna Ayurveda & Wellness Retreat, a twelve-acre property at Kumbukkadanwala, Kimbissa, a short drive from Sigiriya and within sight of Kandalama lake. Guests stay in dwellings, treehouses or a duplex villa built from local and recycled materials, eat only from an Ayurvedic kitchen, and follow a therapy plan written for them by the resident Ayurvedic doctor.

The programme is offered at four lengths. Three and five nights sit within Amuna's Wellness Programme, intended as a reset. Seven and fourteen nights move into the Ayurveda Programme, where Panchakarma cleansing therapies, prescribed medication and individual yoga and pranayama sessions become part of the day.

On the pages that follow you will find the retreat, the daily rhythm, and the room categories. For current rates, availability and booking, please get in touch with us directly.

We look forward to welcoming you to the island.

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02 · The Retreat

Amuna, between Sigiriya and Kandalama



Amuna spans twelve acres of working paddy land in the dry-zone plains of the Cultural Triangle, bordered by irrigation channels and edged in the distance by Kandalama lake. The retreat was built around the site rather than over it: eight dwellings, three Sri Lankan-style treehouses and one duplex villa are set apart from one another in the fields, with a restaurant, lobby, consultation room, treatment rooms and an open yoga pavilion between them.

The property is deliberately quiet. Rooms carry no televisions, Wi-Fi is confined to the restaurant, all rooms are non-smoking, and guests are welcomed from age twelve upwards. What replaces the noise is a fixed daily structure — sunrise yoga, consultation, therapy, an Ayurvedic meal, sunset yoga and guided meditation — and a kitchen that cooks to the doctor's prescription rather than to a menu.



12	12	2	12+
ACRES OF PADDY LAND	ROOMS IN TOTAL	YOGA SESSIONS DAILY	MINIMUM GUEST AGE

TIP

Amuna is a digital-detox property with no televisions in the rooms and Wi-Fi only in the restaurant. Guests should plan for a quiet, screen-free stay.

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03 · The Programmes

Four lengths, two programmes

Stay length determines the programme, and the programme determines how much therapy time the guest receives each day. Both programmes are full board and include the consultation, the meals, unlimited herbal teas and twice-daily group yoga with guided meditation.



3 & 5 NIGHTS

Wellness Programme

A short reset. Initial consultation with the in-house Ayurvedic practitioner, then a daily therapy block tailored to the guest, wholesome Ayurvedic meals from locally sourced produce, and curated wellness activities.

- ✓ 1.5 hours of daily Ayurveda therapy
- ✓ Initial consultation and progress reviews
- ✓ Curated wellness activities (3 nights and above)
- ✓ Internal and external medication (5–6 nights only)



7 & 14 NIGHTS

Ayurveda Programme

A full clinical course. Comprehensive consultation establishes the guest's body constitution (Prakriti), and the doctor prescribes Panchakarma cleansing therapies, medication and a personalised meal plan monitored throughout.

- ✓ 2.5 hours of daily Ayurveda therapy
- ✓ Panchakarma cleansing therapies
- ✓ Prescribed and monitored medication
- ✓ Individual yoga, pranayama and meditation
- ✓ Restorative outdoor excursions
- ✓ Final Dinacharya lifestyle consultation

STAY	PROGRAMME	DAILY THERAPY
3 nights · 4 days	Wellness	1.5 hours
5 nights · 6 days	Wellness	1.5 hours
7 nights · 8 days	Ayurveda	2.5 hours
14 nights · 15 days	Ayurveda	2.5 hours

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04 · Day by Day

The retreat, day by day

DAY

01

Arrival

Airport — Amuna

Met at Bandaranaike International Airport by your chauffeur-guide

On arrival

Transfer to Amuna through the coconut triangle and past Dambulla

≈ 4 hrs

Check-in and welcome herbal tea

From 14:00

Initial consultation with the resident Ayurvedic practitioner

16:00

Sunset yoga in the pavilion, guided meditation, first Ayurvedic dinner

18:00

△ Amuna Ayurveda & Wellness Retreat ● Dinner

Ayubowan. On arrival at Bandaranaike International Airport guests are met by their Exotic Global Holidays chauffeur and transferred to Amuna — roughly four hours through the coconut triangle and into the dry-zone plains. The initial consultation sets the therapy plan for the whole stay, so an arrival early enough to keep it matters more here than on a touring itinerary.

DAY

02

Full days

The daily rhythm, repeated through the stay

Sunrise group hatha yoga, followed by guided meditation	06:30
Ayurvedic breakfast; herbal teas through the day	08:00
Doctor's review, then the day's therapy block	09:30
Lunch to the prescribed meal plan, then rest	13:00
Curated wellness activity, or an individual yoga or pranayama session	16:00
Sunset yoga and guided meditation	18:00
Dinner in the restaurant overlooking the paddy fields	19:30

△ Amuna ● Breakfast ● Dinner

Every full day follows the same unhurried shape. The therapy block is written by the doctor and adjusted as the stay progresses — 1.5 hours on the Wellness Programme, 2.5 hours on the Ayurveda Programme, including Panchakarma where prescribed. Lunch is included on every full day.

DAY



Mid-stay

The therapy deepens

Internal and external medication added under the doctor's supervision	5 nights +
Panchakarma cleansing therapies begin, meal plan tightens	7 nights +
Progress reviews become daily	7 nights +
Amuna's restorative outdoor excursions — paddy tracks, irrigation channels, the herb garden	Ayurveda

△ Amuna ● Breakfast ● Dinner

Amuna's own restorative excursions are walks through the paddy tracks and irrigation channels, and time at the retreat's herb garden — designed to place the day's therapy in the landscape rather than to sightsee. No external sightseeing is included in this programme.

DAY



Final day

Amuna — Bandaranaike International Airport

Final sunrise yoga and breakfast	06:30
Closing consultation — personalised Ayurveda Dinacharya guidance and continuing medication	09:30
Check-out	By 12:00
Chauffeur transfer to Bandaranaike International Airport	≈ 4 hrs

△ — Departure ● — Breakfast

The closing consultation is part of the programme, not a formality: the doctor issues personalised Ayurveda Dinacharya guidance — a daily-routine plan for the guest to carry home — along with any continuing medication.

TIP Two nights is the minimum Amuna recommends to feel the property at all, and three is where the curated wellness activities begin. For guests arriving on a late-night flight, add the previous night to the booking to guarantee an early check-in — the retreat is roughly four hours from the airport, and an unguaranteed 14:00 arrival after a red-eye wastes the first therapy day.

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05 · Accommodation

Where you will stay

Twelve rooms in three categories, all inspired by traditional Sri Lankan village homes and built from local and recycled materials.



The Dwellings

52 M² · 8 UNITS · MAX 2

Cozy beds and locally handcrafted furnishings, surrounded on all sides by acres of jade-green paddy. The most private of the three categories.

Twin or king beds | Private verandah | Garden view



Tree House

35 M² · 3 UNITS · MAX 2

Spacious Sri Lankan-style cabins raised into the leafy surroundings, rustic but comfortable, with a balcony over the endless green of the fields. King beds only.

King beds | Private balcony | Paddy field & mountain views



Villa

70 M² · 1 UNIT · MAX 4

The single duplex villa, with one king bed and two single beds on the mezzanine floor. The only category that takes triple and quadruple occupancy — the right room for a family travelling together, subject to the minimum age of twelve.

01 king & 01 twin | Mezzanine floor | Private verandah | Paddy field & mountain views

IN EVERY ROOM

Air conditioning, mosquito nets, safety locker, hairdryer, bathrobe, bathroom slippers, sarong, wrap-around toiletries, yoga mat, tea station, bottled water and a flashlight. No televisions, by design; Wi-Fi is available in the restaurant area.

OCCUPANCY NOTES

Dwellings and treehouses take a maximum of two guests and cannot accommodate extra beds. Triple and quadruple occupancy applies to the Villa only. All rooms are non-smoking. Children aged twelve and above are welcome, in a separate room.

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06 · Getting There

Airport transfers

Return transfers between Bandaranaike International Airport and Amuna are arranged in a private air-conditioned vehicle with an English-speaking chauffeur, meet and greet on arrival, and assistance at check-in on departure. Car and van options are available depending on party size.

Amuna is at Kumbukkadanwala, Kimbissa, in the Sigiriya area — roughly four hours from the airport by expressway and trunk road. The route runs through the coconut triangle and past Dambulla into the dry-zone plains.

READY WHEN YOU ARE

Ayubowan — and safe travels

This overview does not include current rates, seasonal offers or full terms and conditions. Please contact us with your travel dates, party size and room preference, and we will confirm pricing and availability for you.

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