



SRI LANKA

RECOVERY EDITION

Experience the best of **SRI LANKA** with an active vacation through it's natural paradise.

APRIL 28th - MAY 03rd 2026

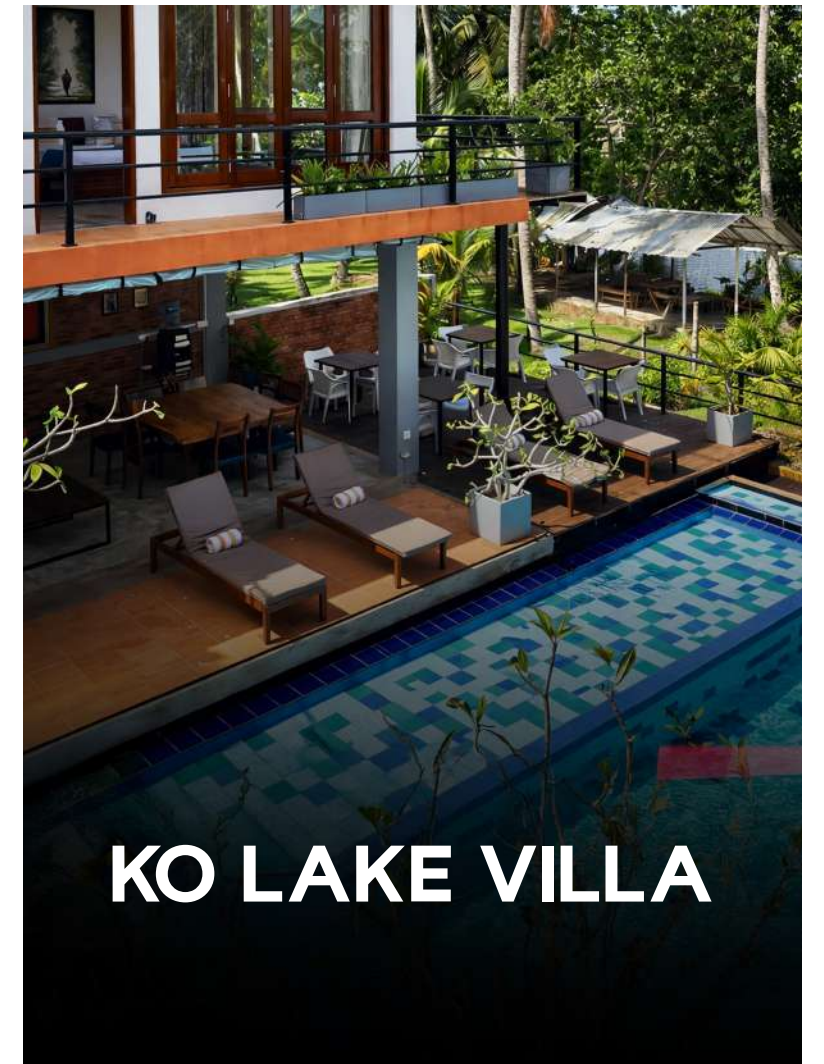
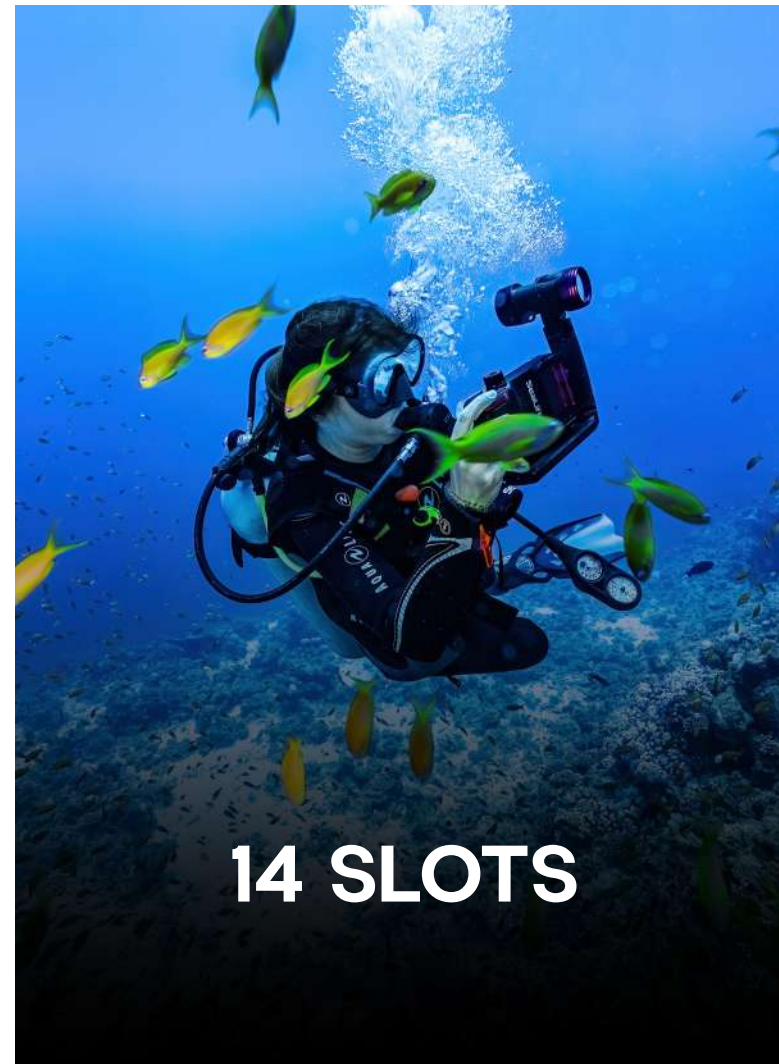
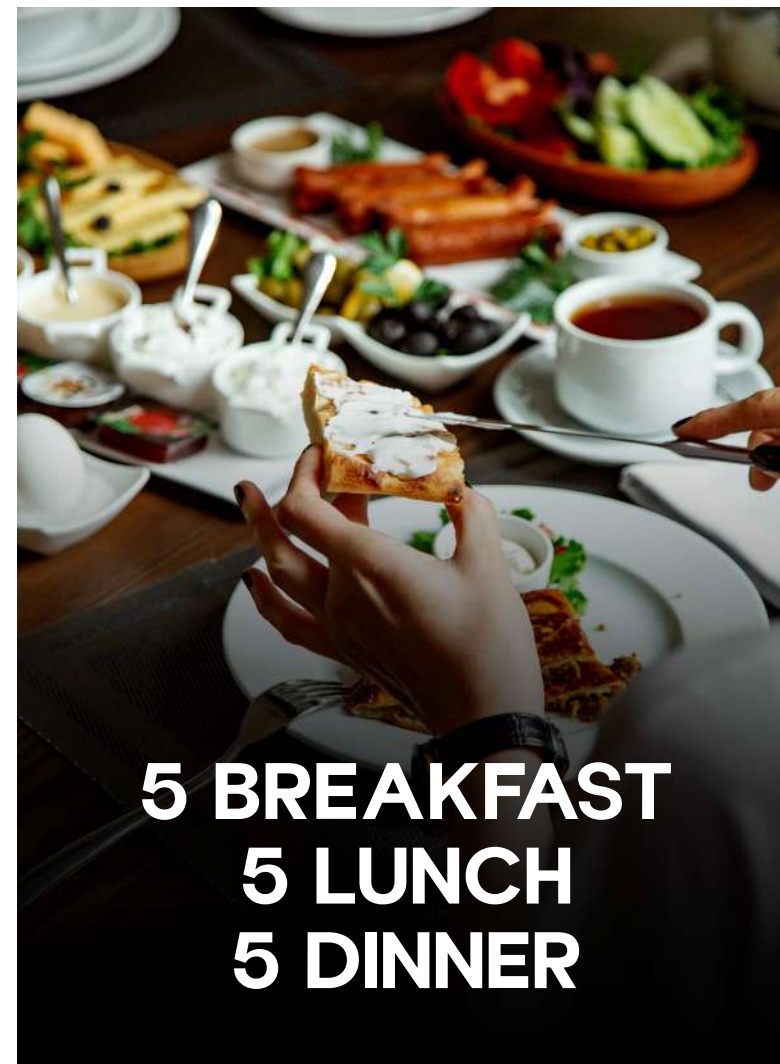
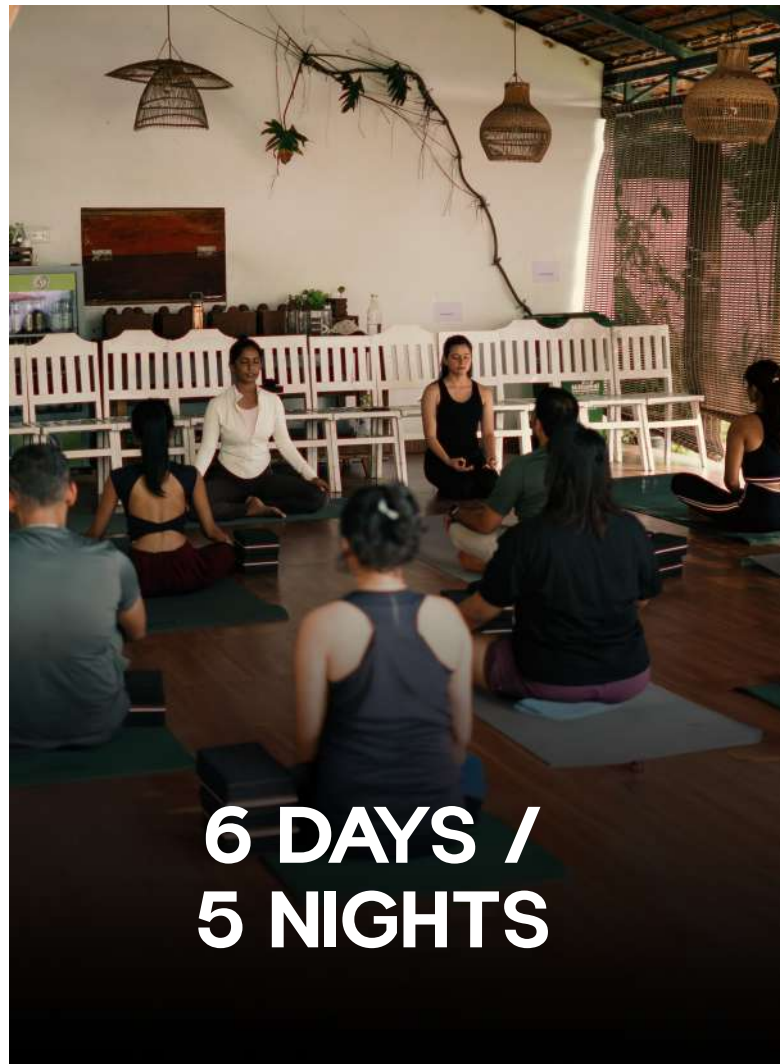
ABOUT RECOVERY EDITION

Welcome to our Recovery Edition, designed for those who've been stuck in long sedentary routines, feeling stiff, rigid, and disconnected from their body.

Designed beginner-friendly and set in a completely new environment, this edition helps you release what's been held for too long.

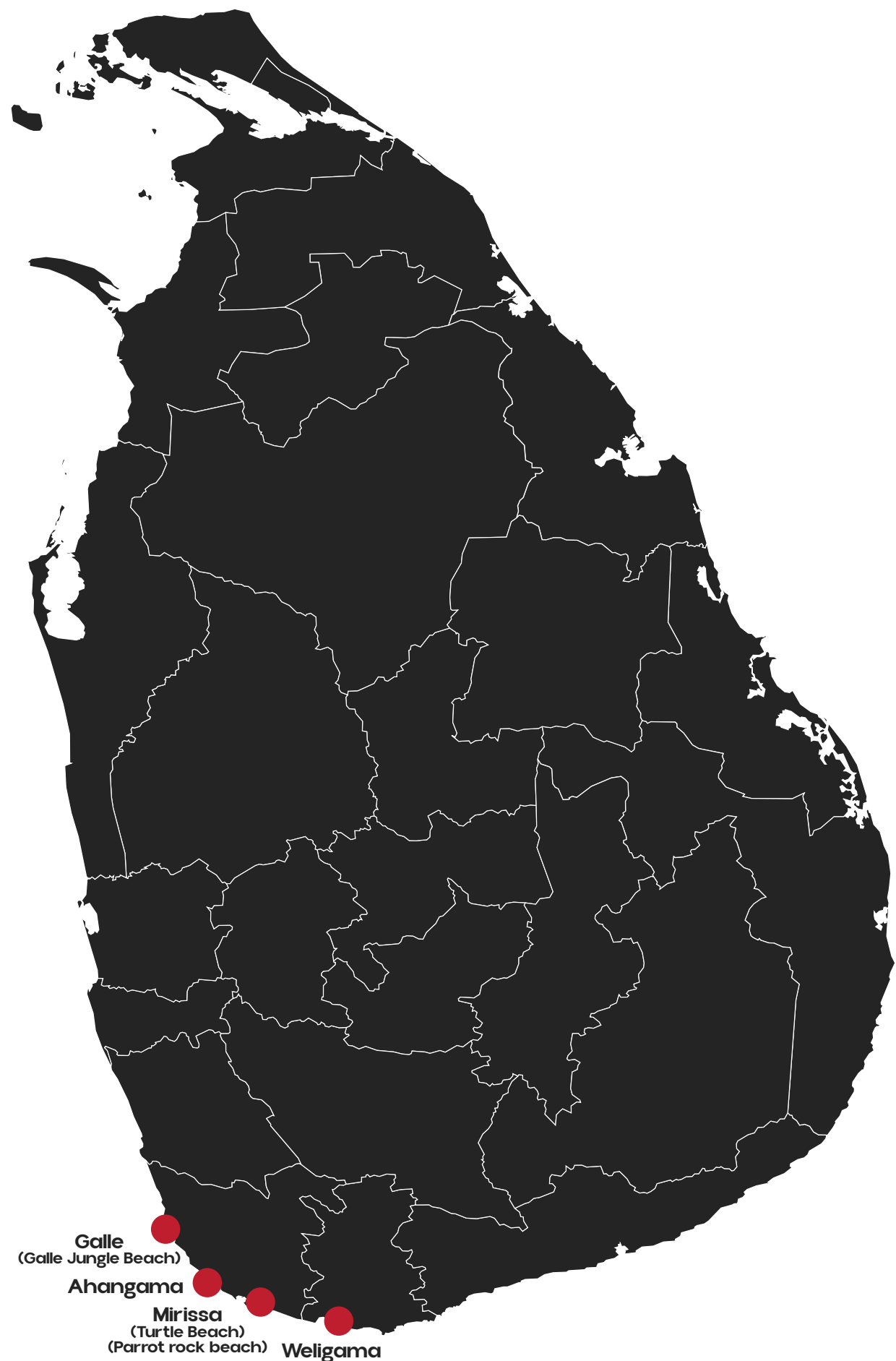


AT A GLANCE



CORE EXPERIENCES

- Hip Opening
- Spinal Mobility
- Joint Release
- Sound Meditation
- Yin Yoga
- Hatha Yoga
- Vinyasa Yoga
- Ashtanga Yoga
- Breathwork
- Deep Tissue Massage
- Surfing
- Snorkelling
- Scuba diving
- Turtle Beach
- Galle Jungle Beach
- Parrot Rock visit
- Cold plunge
- Cafe hopping
- Pool party
- All meals
- Villa Stay



DAY 1 28th APRIL

Arrival from Colombo to Ahangama

3:00 pm Check in at Ahangama

4:30 pm - 6:30 pm Introduction + Travel Release, Grounding & Gentle mobility (Hatha)

6:30 pm - 7:30 pm Dinner

7:30 pm - 9:30 pm Interactive session

10:00 pm Lights off



DAY 2

29th APRIL

7:00 am - 8:30 am Full Body Flow (Vinyasa)

8:30 am - 9:30 am Fresh up

9:30 am - 10:30 am Breakfast

11:00 am - 12:00 pm Turtle Beach

1:00 pm - 1:30 pm Lunch

1:30 pm - 3:30 pm Rest

4:30 pm - 6:00 pm Surfing

6:30 pm - 7:30 pm Cafe

8:00 pm - 9:00 pm Deep Stretch and Release (Yin)

9:15 pm - 10:00 pm Dinner

10:30 pm Lights off



DAY 3

30th APRIL

7:00 am - 8:30 am	Spinal Mobility & Hip Opening Flow (Hatha-Vinyasa)
8:30 am - 9:30 am	Fresh up
9:30 am - 10:30 am	Breakfast
11:00 am - 12:00 pm	Galle Jungle Beach
1:00 pm - 1:30 pm	Lunch
1:30 pm - 3:30 pm	Deep Tissue Massage
4:30 pm - 6:00 pm	Surfing
6:30 pm - 7:30 pm	Cafe
8:00 pm - 9:00 pm	Joint Release and Restore.
9:15 pm - 10:00 pm	Dinner
10:30 pm	Lights off

DAY 4

01st MAY

7:00 am - 8:30 am Strength, Balance & Control (Ashtanga- Vinyasa)

8:30 am - 9:00 am Fresh up

9:00 am - 9:30 am Breakfast

10:00 am - 2:00 pm Snorkelling

2:30 pm - 3:30 pm Lunch

4:30 pm - 6:00 pm Surfing

6:30 pm - 7:30p m Cafe

8:00 pm - 9:00 pm Breathwork & Sound Meditation

9:15 pm - 10:00 pm Dinner

10:30 pm Lights off



DAY 5

02nd MAY

7:00 am - 8:30 am Integrated Movement Flow (Vinyasa)

8:30 am - 9:00 am Cold plunge

9:00 am - 9:30 am Fresh up

9:30 am - 10:00 am Breakfast

10:30 am - 12:30 pm Scuba Diving

1:00 pm - 1:30 pm Lunch

1:30 pm - 3:30 pm Rest

4:30 pm - 6:00 pm Parrot Rock Beach

7:00 pm - 9:30 pm Pool Party

10:00 pm Lights off



DAY 6 03rd MAY

9:00 am

Wake-up

9:00 am - 10:00 am

Breakfast (included)

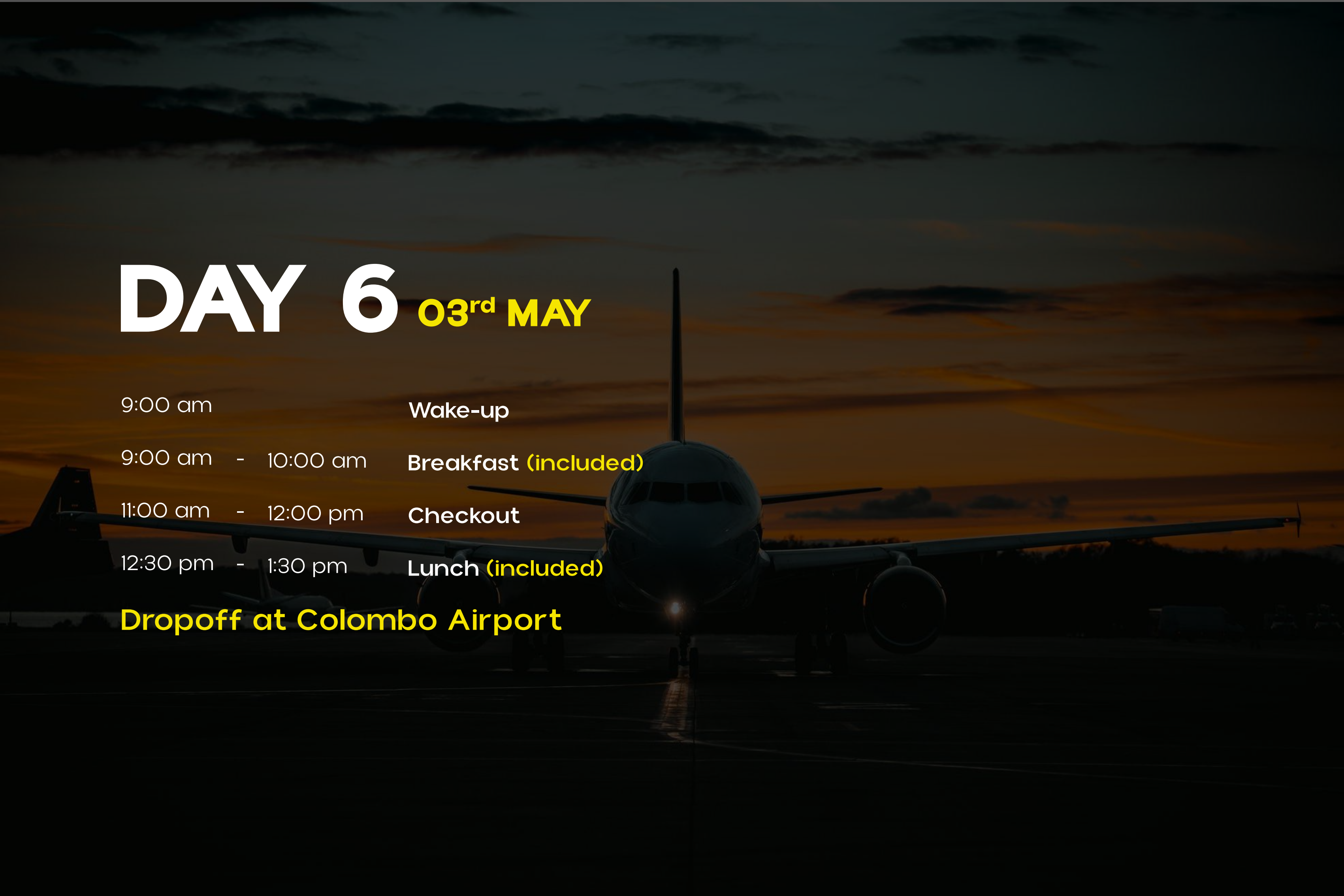
11:00 am - 12:00 pm

Checkout

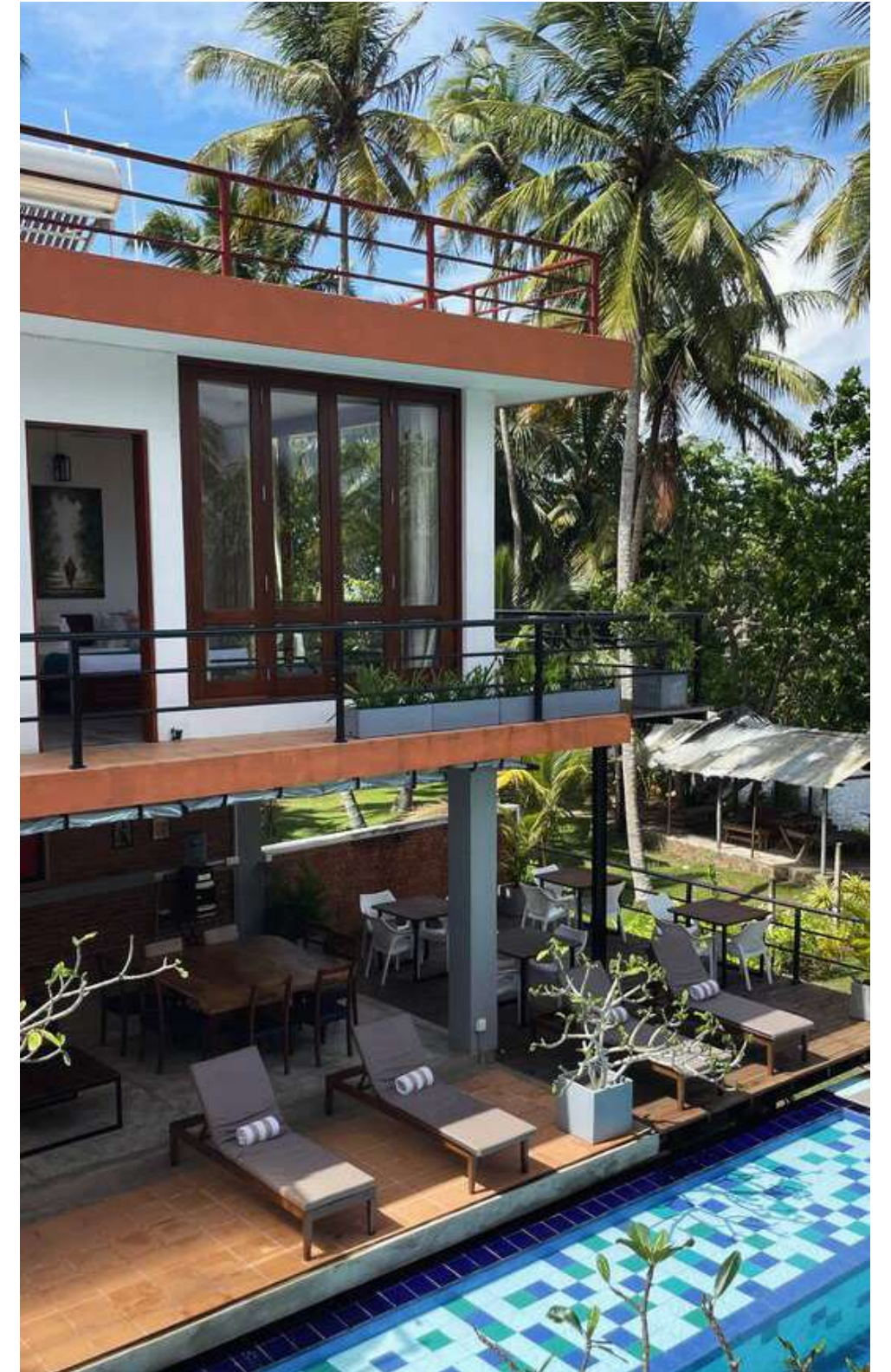
12:30 pm - 1:30 pm

Lunch (included)

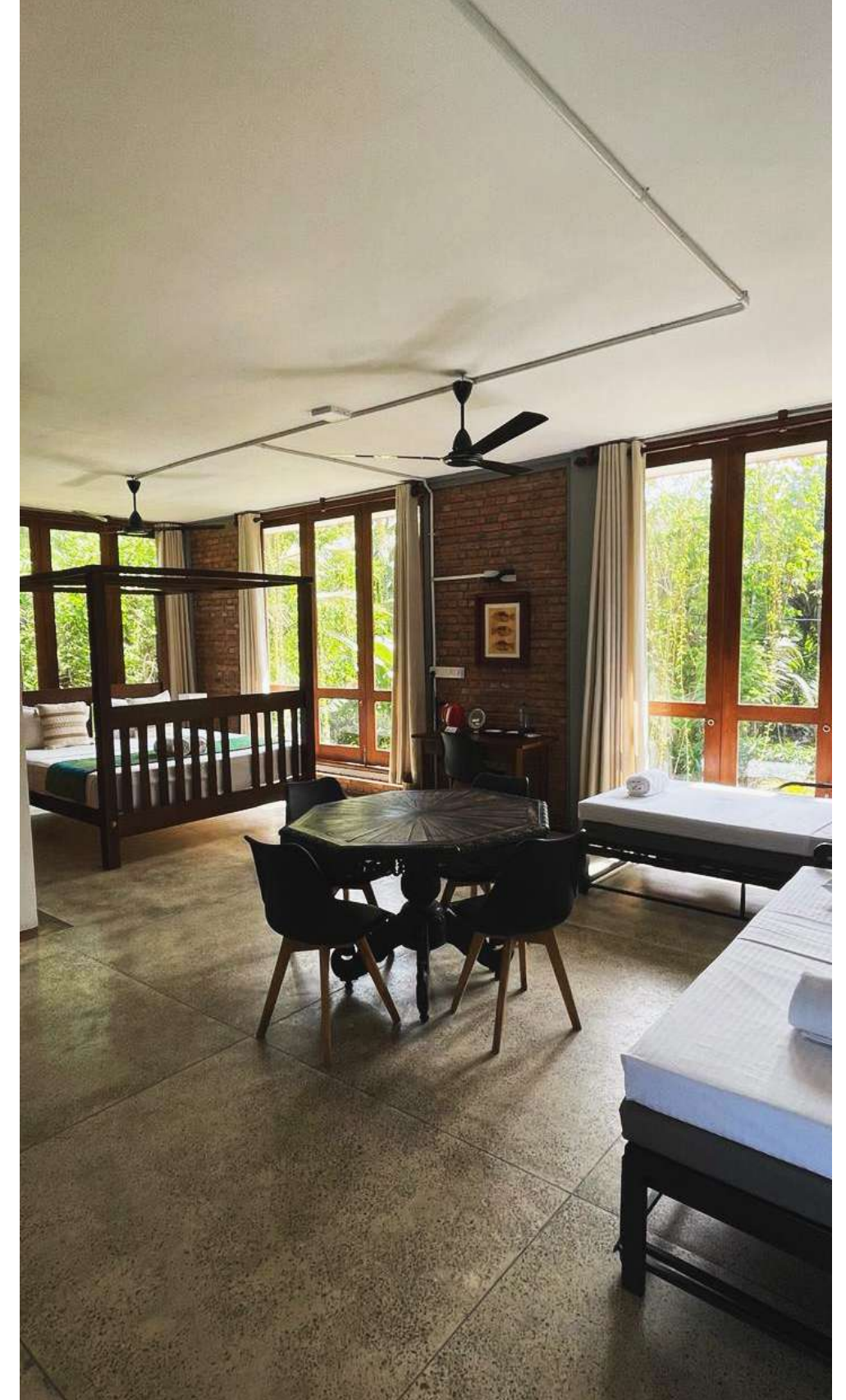
Dropoff at Colombo Airport



A Beautiful stay at Ko Lake Villa.



A photograph of a covered porch or veranda. The floor is made of dark, polished wooden planks. On either side of the central doorway are dark-stained wooden rocking chairs. The walls are a mix of orange-colored plaster and red brickwork. The central doorway is large, with a transom window above it divided into several small panes. The view through the doorway shows a bright, lush garden with various green plants and trees. The ceiling is white and appears to be made of concrete or plaster.



RECOVERY TICKET FEE

(Twin Sharing)

₹98,000
per person

The ticket fee covers all guided sessions, scheduled activities, accommodation, and all meals as mentioned in the itinerary.

CAN I PAY A DEPOSIT?

(Twin Sharing)

Yes

₹35,000
per person

[Click here to register and to make the deposit to confirm your Sri Lanka Recovery Edition tickets](#)

INCLUSIONS

- Accommodation for 5 Nights / 6 Days at Ahangama, Ko lake Villa
- Daily Breakfast, Lunch & Dinner as per itinerary
- Transportation around the stay for all scheduled activities
- Drop-off to Colombo Airport
- Yoga sessions (as mentioned in the itinerary)
- Meditation sessions
- Surfing sessions
- Snorkeling experience
- Scuba diving experience
- Cold plunge session
- Visits to:

Turtle Beach

Galle Jungle Beach

Parrot Rock Beach

- All scheduled group sessions, introductions & interactive sessions
- Pool Party
- Deep Tissue Massage

EXCLUSIONS

- Any personal expenses (shopping, snacks, beverages, etc.)
- Any food Expenses during cafe visits Optional or unscheduled activities not mentioned in the itinerary
- Travel insurance
- Tips, portorage & gratuities
- Any cost arising due to weather conditions, delays, or personal reasons
- Airfare / flight tickets
- Transportation to the vacation venue (Ahangama)

WHAT TO BRING?

Clothing:

Lightweight quick-dry t-shirts | Swimwear (4-5 sets) Clothes for Bathing | Towel / Quick-dry towel

Essentials:

Small day backpack (20-30L) | Sunglasses with UV protection | Cap / Hat

Health & Safety:

Personal medications | Motion sickness tablets (for Boat trips) | Carry Mosquito Repellent

Personal Care & Protection:

Sunscreen (SPF 30+) | Insect repellent | Toiletries (toothbrush, wipes, etc.)

Weather Protection:

Sunscreen Jacket (Optional)

Nutrition & Hydration:

Energy bars | Personal water bottle (2 litres)

Other Essentials / Luxuries:

Personal camera / GoPro | Global Travel Adapter | Power bank

PAYMENT POLICY

Booking Confirmation:

A non-refundable deposit of INR 35,000/- is required to confirm you're booking. The balance must be paid as per the payment schedule provided prior to the trip date.

Payment Deadlines: Full payment must be completed no later than 20 days before the departure date. Failure to pay the balance by the due date may result in the cancellation of your booking, and the deposit will be forfeited.

Payment Methods: Payments can be made via NEFT bank transfer or UPI transfer only. Payments must be made in the Indian Rupees (INR) only. The company is not responsible for any additional fees charged by your bank.

CANCELLATION POLICY

Cancellation by Travelers:

- More than 45 Days Before Departure: The deposit secures your spot and cannot be reclaimed.
- 45-21 days before Departure: 75% of the trip cost will be retained as a cancellation fee.
- Within 20 Days of Departure: 100% of the trip cost will be retained as a cancellation fee.

Cancellation by the Company:

The company rarely cancels any scheduled vacations, but reserves the right to cancel a trip at any time if traveller safety or trip quality is compromised. In such cases, a full refund of all payments made to the company be provided as the sole settlement. The company is not responsible for any additional losses related to travel arrangements or airfare due to trip cancellations.

Refunds:

Refunds are not applicable once the trip has started. Refunds, if applicable, may take 5-6 weeks to process. No refund will be issued for cancellations made less than 20 days before departure or after the trip has commenced.

TERMS & CONDITIONS

Force Majeure / Natural Disaster Clause:

The company shall not be held responsible for any delay, change, or cancellation of services arising from events beyond its reasonable control. These include but are not limited to:

- Natural disasters (floods, cyclones, landslides, earthquakes)
- Extreme weather conditions
- Government restrictions or travel bans
- Political unrest, strikes, or civil disturbances
- Epidemics, pandemics, or public health emergencies.

In such cases, the company reserves the right to cancel, modify, postpone, or reschedule the Vacation itinerary for the safety of guests. Refunds, if applicable, will be limited to recoverable costs only after deducting non-refundable expenses paid to hotels, transport providers, guides, or third-party suppliers.

Natural Disaster Timing (Before or During Travel)

If a force majeure event occurs before arrival, the Vacation may be cancelled or rescheduled. Refunds or credits will be processed based on recoverable costs. If a force majeure event occurs during the Vacation, the company may alter the itinerary or arrange alternative services where possible. No refund will be provided for partially used or unused services once the Vacation has commenced.

Non-Attendance Policy

In the event that a client is unable to attend the program due to reasons such as illness, flight delays, cancellations, or any other personal or external circumstances, the company shall not be held liable, and no refund will be applicable.

NO DATE CHANGES ARE PERMITTED under any circumstances.

Date modifications, postponements, or rescheduling requests are strictly not allowed once the booking is confirmed. Vacation ticket transfers are permitted only as a name change to another individual, subject to:

- Prior written notification
- Company approval
- Any applicable supplier or administrative charges.

Transfers are not guaranteed and are subject to third-party supplier policies. Since the program consists of curated activities, withdrawal from any specific activity will not qualify for a partial refund.

Clients are responsible for ensuring they have all required documents and visas and meet travel requirements before departure. **THE BURN COMPANY** is not liable for any issues arising from missing or incomplete documentation.

14 SLOTS ONLY

ENJOY YOUR RECOVERY EDITION, SRI LANKA

