Kingdom Ayurveda Resort
Ayurveda in Sri Lanka

METODO Ranalli ACCADEMIA

Study Journey to Sri Lanka

to discover Ayurveda

Massages - Treatments -Yoga – Meditation - Nutrition

08/9th – 22nd of June 2019

An Ayurvedic Resort in front of the ocean plunged into a real corner of paradise

Everyone is welcome

AYURVEDA in SRI LANKA

We will arrive in Sri Lanka and we will stay at the Kingdom Ayurveda Resort, in front of the ocean. It is equipped with an Ayurvedic Centre placed near a wonderful beach.
We will merge ourselves into the practise of Yoga and in the teaching of massages and ayurvedic treatments in a place where nature is completely gorgeous.

Today Ayurveda is known all around the world. In Sri Lanka, in particular, this ancient type of medicine is become the symbol of this magnificent island because of its constant and satisfying welcoming of thousands of people who are fond of natural treatments.

Under the accurate control of Ayurvedic doctors, the Kingdom Resort has been offering, for long time, expert therapists and masseurs and a unique combination of purifying, restoring and therapeutic treatments, which Ayurveda and Yoga put at the disposal of all the visitors as parts of their healing programme. During this course, the Resort makes available its long experience with the doctors, the therapists and the teacher Antonio Ranalli.
They will furnish all of their experience to the studying group .

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COURSE OF MASSAGE AND AYURVEDIC TREATMENTS

The students will do the course of massage three doshas and ayurvedic treatments (pindasweda, udwartana, Shirodara) and at the end they will receive an international certificate.
The conferences will be taken by the Ayurvedic Doctor who is the responsible for the clinic. The pratical course on massages and treatments will be taken by the teacher Antonio Ranalli, an Italian physiotherapist, director of an accademy of massages and Ayurveda and who has been collaborating for years with the medical unit of the Kingdom Report.

DAILY PROGRAMME

- 07.30h - 8.00h Meditation heart fullness
- 08.00h Ayurvedic breakfast
- 09.00h -10.00h Ayurvedic conference and practical demonstration
- 10.00h -13.00h Activity of Massage and Ayurvedic Treatments
- 13.00h Ayurvedic Lunch
- 14.00h -18.00h Free Time
- 18.00h -19.00h Yoga
- 19.30h Ayurvedic Dinner

It is allowed to organize some optional excursions, during your staying here

THE PROGRAMME PROVIDES FOR:

- Stay for 13 nights at Kingdom Ayurveda Resort
- Fullboard by 3 meals per day with Ayurvedic nutrition .
- One-hour lesson a day: Yoga with an Indian teacher
- Half-an hour lesson a day: meditation
- Course of Ayurvedic massages and treatments with a final and international certification
- Conference about Ayurveda
- Kitchen Demonstration
- Flight transfers and visit taxes
- Sri Lanka Visa

Cost in double room per Person € 1.690,-
Cost in Single room per Person € 1.980,-

First Payment 30 % on the day of Booking/ Confirmation
Last payment 4 weeks before departure

Not included

- Flight from Italy to Colombo and back
- Excursions in Sri lanka
- Insurance for Medical / cancellation fee etc.
- Tipps

Flights
Due to the best Deal for your flight on the day of your booking, we will offer your Flight belonging to your destination in Italy seperat. The cost for the flight will be done depending on the ticketing limit.

Visas
Transit visas good for 48 hours are free. Thirty-day visitor visas cost US$25 to US$100, depending on your nationality. Apply in advance online (www.eta.gov.lk).
Obtaining a Visa
Before visiting Sri Lanka, do the following to get a 30-day visa:
Visit the Sri Lanka electronic visa website (www.eta.gov.lk) several days before arriving.
Follow the online application process and pay with a credit or debit card.
Once approved, print out the visa confirmation.
You can also obtain visas at Sri Lankan embassies abroad and there is a counter at Bandaranaike International Airport for people who arrive without a visa, although you'll have to wait with the other visa-less masses (which can take several hours) and pay a higher fee: US$40.