

# SRI LANKA CHANGES YOU



## *Sri Lanka 2025*

November 14th to 24th

This is a trip like no other.  
Its purpose is unique.  
Its nature is transformative.  
It is a purposeful journey.  
What is the purpose?

### **Inner Change**

We will -very kindly- embrace  
the vibrant experience  
of Inner Peace

**Change begins NOW !**



## *What is* **ENLIGHT TRAVELS ?**

Originally ENLIGHT was a festival: the Ibiza Enlight Festival. There were 6 editions which brought together students of A Course in Miracles from 29 countries in an opportunity for spiritual connection and community.

Following the trend marked by the festival, this new project is an invitation to an inner and outer journey for looking within, releasing judgments and resentments, opening your mind and entering in communion with what is truly essential.

Our destination is the constant connection to Inner Peace. In parallel the small group of participants (only 16) will live an experience of purposeful spiritual tourism in the light of profound spiritual teachings.

In 2025, Carolina Corada, creator of ENLIGHT TRAVELS, joins in collaboration with Mighty Companions, such as VIAJES SRI LANKA, to take you on a journey in the name of Inner Peace, to destinations that are a natural invitation to looking within.





## *Sri Lanka 2025*

*Nature at its purest*

I am one Self, united with my Creator,  
at one with every aspect of creation







## *Itinerary*

The order of the itinerary may change.

Day 1 · 11/14/2025

Departure from your home country  
to Colombo, Sri Lanka

*We open our hearts to meet  
our fellow travelers in Colombo*

Day 2 · 11/15/2025

Arrival. Our meeting point is the  
Colombo International Airport at 11am

*Sri Lanka smells of cinnamon*

Transfer to Habarana, lunch en  
route, ayurvedic massage (optional),  
dinner and rest.





Day 3 · 11/16/2025  
Habarana and Minneriya

*Establishing our Purpose*

The morning begins with Session 1 of  
- THE INNER CHANGE - which we will be  
developing throughout our journey,  
as well as an introduction to 'digital detox'  
and mental training.

*Sri Lanka is serene*

The afternoon will take us on a Jeep  
SAFARI through the Minneriya National  
Park to admire and bond with the local  
wildlife and the herds of elephants in their  
natural habitat.





Day 4 · 11/17/2025  
Polonnaruwa and Sigiriya

*What an extraordinary day!  
A great challenge on the move to the top!*

We will explore the medieval ruins of Polonnaruwa, a UNESCO World Heritage Site, learn about its history, and visit its museum.

The sunset will find us chanting mantras on behalf of Inner Peace as we discover the striking, iconic and breathtaking presence of Sigiriya. Walking up to its summit is one of the most extraordinary experiences of the day.

*Relax by the pool, dinner and highlights*





Day 5 · 11/18/2025  
Dambulla and Kandy

*Connecting with symbols of the sacred  
Honouring local spirituality*

The Dambulla Temple and the Spice Garden lead the way to Kandy, the most beautiful city in the country and the last capital of the Sinhalese kings.

*Kandy, sacred city of Buddhism*

The afternoon brings us to our first night at the Buddhist Meditation Centre for our first contact with local spirituality.

*Reaching the Silence Within*





Day 6 · 11/19/2025  
Buddhist Meditation Centre, Nilambe

*Meditation · Looking within · Silence*

Sometimes, although we think of meditating alone it is not easy to do so, because we get tired of meditation. We tend to think of 'more important' things to do. We feel aches and pains that magnify with time. As a result, we tend to give up meditation.

However, when we are engaged in 'group meditation', even if someone wants to get up and leave the meditation hall, s/he does not do so because everybody else is seated. The collective and group energy in all of us helps us to continue with meditation throughout the entire period. Therefore, 'group meditation' is very important. Upul Nishantha Gamage, Meditation Teacher





Day 7 · 11/20/2025 · Kandy

*From silence to everyday life,  
we rejoin the daily life  
centered in Inner Peace*

Mindfulness walk, satsang and musings at the Royal Botanical Gardens lead the day to lunch in Kandy and a free afternoon to wander around Sri Lanka's most beautiful city.

The evening turns cultural with Folk Dances and a visit to the Buddha Temple of the Sacred Tooth Relic.





Day 8 · 11/21/2025  
The Tea Route, Nuwara Eliya

*Contemplate · Meditate · Pray  
Finding Peace in all circumstances*

In the morning our journey is one of contemplation through the emerald green mountains. We stop for an inspiring pause to meditate and also contemplate the waterfalls of Ramboda.

We visit the local tea factory and discover the amazing tea making process.

*Sampling tea at its place of origin is a delight.*

After dinner, Session 2 with IntroDanza  
<https://www.carolinacorada.com/introdanza-eng>  
and Shifting of Perception on behalf of Inner Peace.





Day 9 · 11/22/2025  
Train Route · Destination Galle

*We join the local people on a journey by  
train and honour Presence*

Today we travel to the south of the island.

The train journey is an iconic experience not only for the beauty of the scenery, but also for the authentic experience shared with local people.

Upon arrival we will have time to relax by the pool, and even -if we wish- reflect as a group.





Day 10 · 11/23/2025 · Galle

*Inside the colonial fortress  
we find colours from the past*

The visit to Galle Fortress will inspire us to recognise the melting pot of opportunities that each cultural mix offers us to remember that we can always choose Inner Peace.

In the afternoon we join in our Workshop Session 3 -Inner Change- for a round of appreciation, a loving and grateful closing for the experiences and a sharing of testimonies.





Day 11 · 11/24/2025  
Madu Ganga River and to the Airport

*Our last day in Sri Lanka, sweet farewell*

By boat and on the river we say 'see you later'. From the islets and springs we are greeted for the last time on this trip by the vibrant wildlife.

This becomes the perfect voyage before returning home. In our hearts and minds we carry the real possibility of living life in Full Awareness of Inner Peace.

Day 12 · 11/25/2025  
Arrival in our country

*Until our next purposeful journey!*





## *This journey includes*

**Journey Facilitator** · Carolina Corada, teacher of peace, international speaker, and creator of transformative experiences based on *A Course in Miracles* and her book *The Discipline of Peace*.

**Tour guide, coordinator and logistics assistance** · Rohan, a graduate in tourism, archaeology and an expert in Sinhalese culture, speaks English and Spanish.

**Various activities** · visits and walks to emblematic areas, temples and museums; group meditations and silence; satsangs, workshops, Mindfulness walks and IntroDanza lead by Carolina and local teachers.

**7 nights** in 3 and 4 star hotels with full board.

**2 nights** in Meditation Centre full board

**Jeep safari** through Minneriya Park, themed visits, entrance fees. train journey and other transfers around the island in private air-conditioned vehicle.

**Support** in arranging international flight bookings.





## *This journey DOES NOT include*

**Entry VISA to Sri Lanka** · Each traveller must apply online for their own visa at the following link: <https://eta.gov.lk/slvisa/> There might be a cost. We suggest accessing it from your computer.

**No national or international flights** - Each traveller will buy his/her own flight ticket. If necessary, Sandra/Carolina will help with this.

**Travel Insurance and Cancellation Insurance.** We will arrange insurance with the insurance company but it is NOT INCLUDED in the price of the trip. Each traveller is responsible for taking out their own insurance. The one we suggest has a cost of 75€.

**Tips** for the guide, driver, baggage handler and others. The Sinhalese people are counting on your tips.

**Drinks** · the all-inclusive meal plan does not include any drinks: water, alcohol, soft drinks, others.

**Personal expenses** such as telephone calls, mini bar, laundry, or extra visits outside the programme.





## *Dates and Prices*

**DEPARTURE DATES** from your country  
**FRIDAY NOVEMBER 14th 2025**

Verify your travelling times/distances because you might need to leave on Friday. Our group will meet at the COLOMBO International Airport on Sunday. April 20th, at 11am. See you there !

*If you are unable to arrive on time, just for your information, a taxi to our hotel will be approximately 100€*

**RETURN DATE** from Colombo:  
**TUESDAY NOVEMBER 24th 2025.**  
 Please book an evening flight.

**RESERVATION: 500€**

Please send a WhatsApp +34 627 128 895  
 OR email and we can schedule a call.

**WE ARE A REDUCED GROUP:**  
 Minimum 10 travelers / Maximum 16

**SRI LANKA ADVENTURE PRICE: 1.725€**  
 Cost per day - 172.50€

This price includes the reservation payment. It is per person, accommodation and full board in a shared double room.





## *Payment Method*

### **The 500€ reservation payment**

*may be paid in two installments, before 08/31/2025*

Please send a WhatsApp +34 627 128 895

or an email: [carolinacorada@gmail.com](mailto:carolinacorada@gmail.com)

and we'll coordinate details.

**Remaining payment** will be made in three installments. We will send you the information directly to your email. there will be one payment in September, another one in October and the last one will be in cash, upon arrival in Sri Lanka.

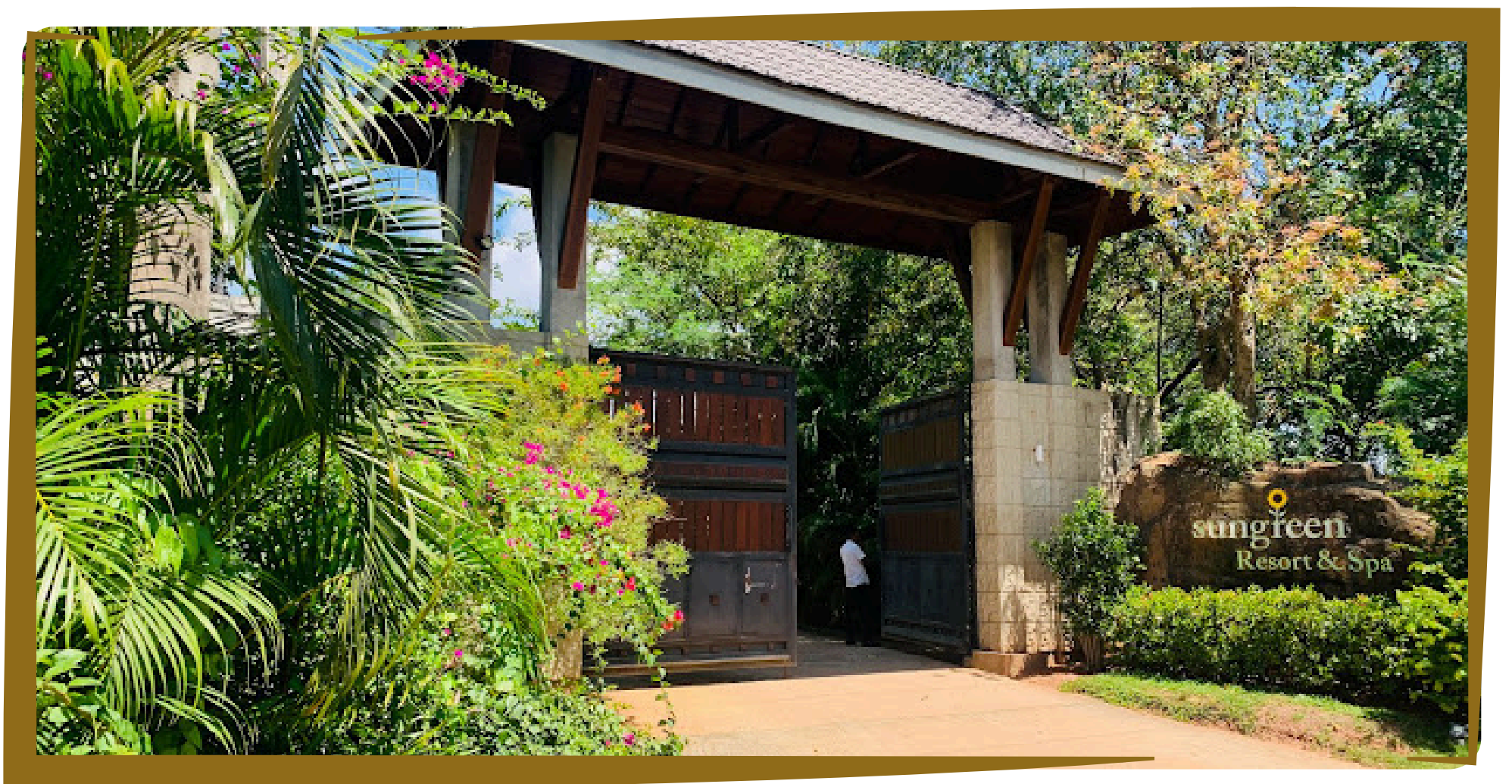
### **Cancellation Fees:**

The cancellation of the services generates various types of expenses : management, cancellation and penalty. The amount of these charges will depend on the date on which the cancellation is made and the conditions of the hotel rates and services applied, in addition to the economic requirements of each provider of the rest of the services. Each case will be treated individually.

Cancellation 30 days prior to departure: 100% of the amount paid will be used to cover cancellation fees.

Cancellation 45 days prior to departure: 60% of the amount paid will be used to cover cancellation fees.





## *Charming Accommodation*



### **Day 2, 3, 4 · HABARANA** Sungreen Resort

At the Sungreen each room has its own balcony with beautiful views to the Ritigala mountain.

<https://sungreenhabarana.com/>



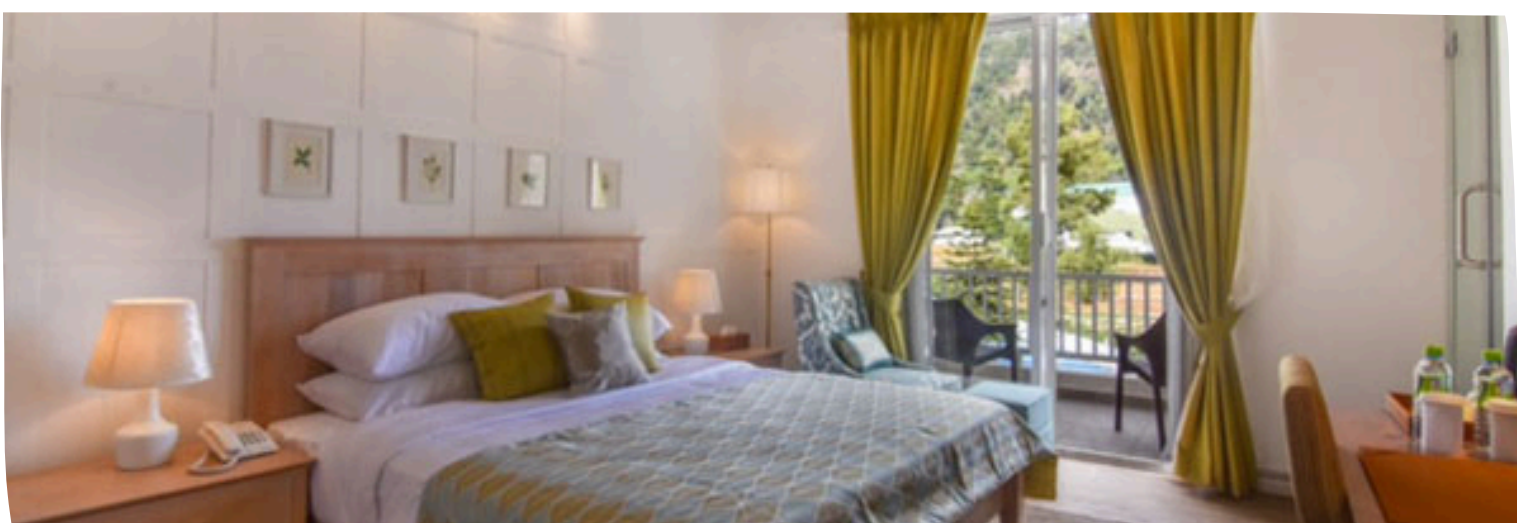
### **Day 5 & 6 · KANDY** Buddhist Meditation Centre, NILAMBE

<https://old.nilambe.lk/>



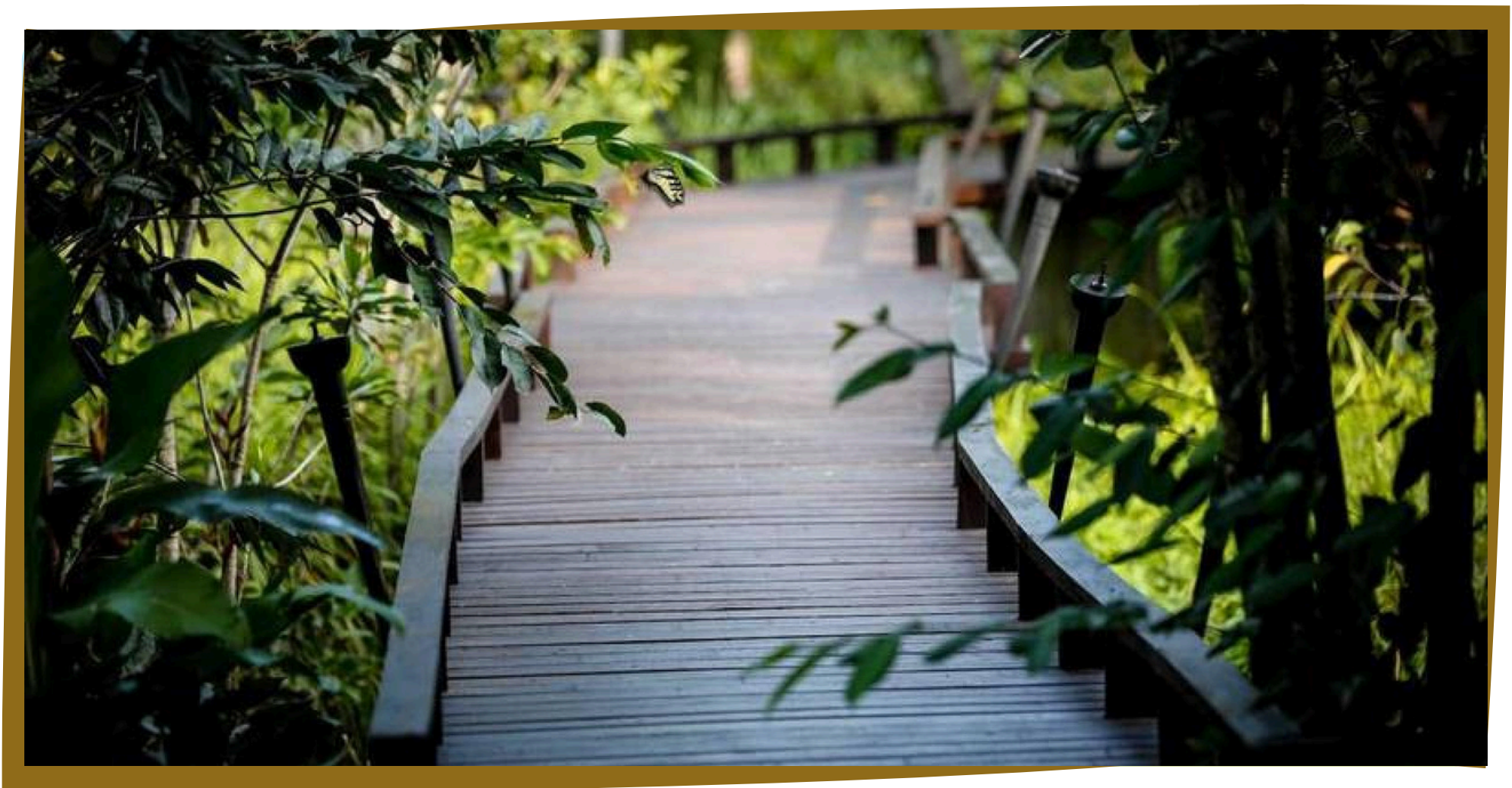


**Day 7 - KANDY** - Oak Ray Heritage Kandy Hotel  
 Located 5 minutes walk to the centre and 7 minutes to the Temple of the Sacred Tooth.  
<https://www.oakrayhotels.com/heritage/>



**Day 8 - NUWARA ELIYA** - Enjoy the ancient charm of this luxury boutique hotel in the heart of Nuwara Eliya.  
<https://www.lyndengrove.com/>





**Day 9 & 10- GALLE**  
Olida Galle Hotel  
Nature in the southern coast of Sri Lanka





*This trip will bring you the opportunity to*

Experience what “Purposeful Travel” means.  
We have tailored this experience to Inner Peace.

To live a transformation, an inner change.

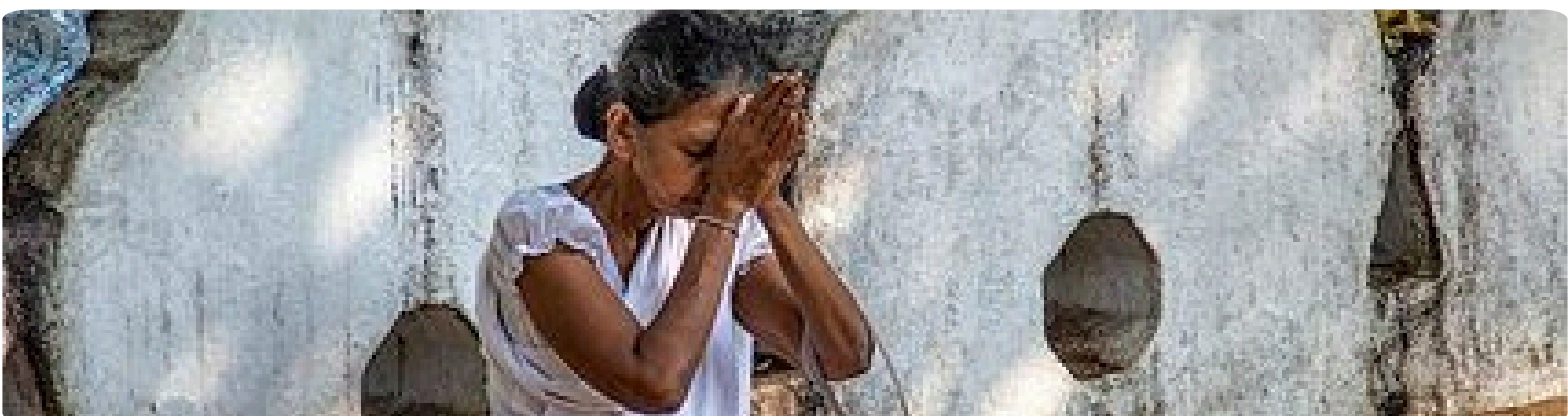
Meet, interact and establish encounters with  
wonderful people, who like you, have a calling  
to Inner Peace.

Get in touch with the authentic Sri Lanka and its  
vibrant spiritual culture while enjoying comfort  
and convenience on this journey to Inner Peace.

Discover what Spiritual Tourism and Sustainable  
Tourism is all about with the experts in Sri  
Lanka: Viajes Sri Lanka.

Disconnect from the hustle and bustle of  
everyday life, meditate and live a profound  
experience of Inner Peace.

Take a break from the digital world, reconnect  
with the Self.







## *Purposeful Journeys*

### *Interesting Details*

**MONEY** ▪ You can bring dollars or euros in cash, which you can exchange easily at the airport and en route. Cards are mainly used to pay in shops. In rural areas, payment is always in cash. Tips are also given in cash.

**TRAVEL DOCUMENTATION** - You will need a valid passport, with at least six months validity, and an electronic tourist visa. For more information you can click on the link below to apply for your visa online. There is a fee. We suggest: Open the link on your computer.

<https://eta.gov.lk/slvisa/>

### **DETAILS ON OUR DESTINY**

#### **Time change**

Time in Sri Lanka since 15 April 2006 is officially represented by the Sri Lanka Standard Time (SLST, UTC+05:30)

#### **Temperatures**

Colombo: 26° to 32°  
Habarana: 22° to 34°  
Kandy: 20° to 32°  
Nuwara Eliya: 16° to 27°  
Galle: 26° to 31°







## *Travelling Gear*

It is advisable to wear loose cotton or linen clothing. Wear long sleeves to avoid the sun. Wear loose-fitting clothing (out of respect for the country's culture).

For the visit to the temples, knees and shoulders should be covered, avoid shorts and sleeveless shirts. Our guide will always inform us so that we are prepared for each visit.

Hat, sunglasses, fan, sunscreen and swimming costume.

Do not pack important medicines in your luggage.

If you get car sickness, bring Biodramine or something similar.

Extra strong repellent might also be useful.

Small backpack for day trips.

For mountainous areas, bring a thin rain jacket or light warm clothing.

Comfortable, breathable shoes and/or sandals. Socks for walking inside the temples if you don't want to be barefoot. Footwear is left outside.

A first aid kit with your basic medicines will be useful.

You will probably need a plug adaptor. See here which one you need according to your country.

<https://www.power-plugs-sockets.com/sri-lanka/>





# CAROLINA FACILITATES



## *Carolina Corada*

Carolina's commitment to Inner Peace is absolute and can be acknowledged in her book *The Discipline of Peace*, in her 'Ibiza Enlight Festival', in her international workshops and conferences and now in this new project: 'Enlight Travels'. She designed this experience in collaboration with Viajes Sri Lanka and will be your facilitator and companion.

Carolina practices, lives and teaches by demonstrating that we can achieve Inner Peace when that is our purpose.

SRI LANKA CHANGES YOU is her invitation to you, to join this wonderful journey through inner and outer landscapes that will ignite the Peace that already inhabits us.

[www.carolinacorada.com](http://www.carolinacorada.com)



# SANDRA ORGANIZES



viajes sri lanka

*Sandra Logan*

It has been over 28 years since Sandra first set foot in Sri Lanka and was captivated by its people, nature and the simple life of the country.

She studied tourism and, inspired by a visit from friends, discovered that her passion was to provide a personal service to create impactful trip. She achieved this with her sustainable tourism project: VIAJES SRI LANKA TRAVEL.

Sandra leads the VIAJES SRI LANKA team, and they become our Powerful Companions on this Purposeful Journey.

Sandra says: 'We live on the island and will take you to the most inspiring places and unforgettable experiences designed specifically for your group. At VIAJES SRI LANKA we offer the traveller the guidance, organisation and logistics to make your trip extraordinary'.

[www.viajessrilanka.es](http://www.viajessrilanka.es)





# ROHAN GUIDES



viajes sri lanka

*Rohan*

Rohan is part of the Sri Lanka Travel Guide Team and on this occasion he will be joining us.

Rohan has a degree in tourism and a degree in archaeology, speaks Spanish and English, is a musician and has a deep understanding of Buddhist philosophy.

He will be the ambassador of Sri Lanka for our group. He will show us his people and culture with much more than affection and teach us how to honour local traditions.

[www.viajessrilanka.es](http://www.viajessrilanka.es)





## *Contact*

### **FOR INFORMATION CONTACT**

Carolina +34 627 128 895

Please request an appointment  
via written WhatsApp message.

Also via email:  
[carolinacorada@gmail.com](mailto:carolinacorada@gmail.com)





## *Digital Detox*

When was the last time you went to sleep without checking your phone just before closing your eyes?

How long has it been since you've checked your social media or left the house without your phone?

If your answer is 'I don't remember', you probably need a digital detox.

In the age of internet addiction, social media and digital anxiety, more and more people are opting for something radical: 'unplugging' from everything. While it can be difficult, it can be rewarding and will help you understand your relationship with your devices, and live this journey towards The Inner Shift, in Full Consciousness.

### **How to detox digitally?**

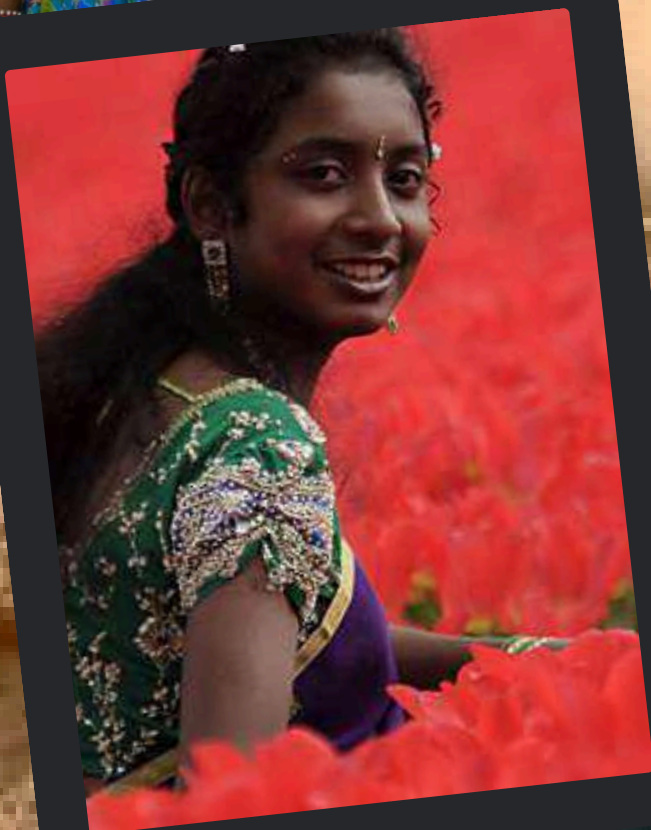
- *Feel how much detox you need*
- Turn off notifications or change them to 'silent'.
- Don't use digital devices when you wake up.
- Turn devices off at night.
- Keep devices away from where you sleep.

We invite you to dare to go without WiFi for most of the day. You will be able to connect with your powerful travel companions and with the people of the country, who will tell you -heart to heart- the secrets of Sri Lanka.

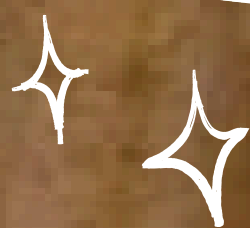
It's an invitation to joyfully embark on a journey away from the digital world and to return from your trip feeling relaxed and refreshed.



# MEETING THE PEOPLE

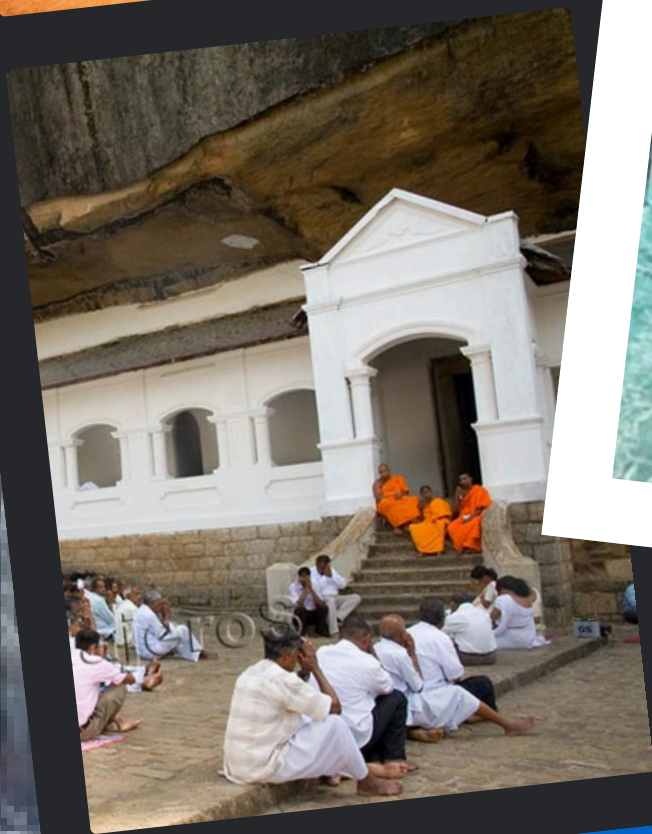
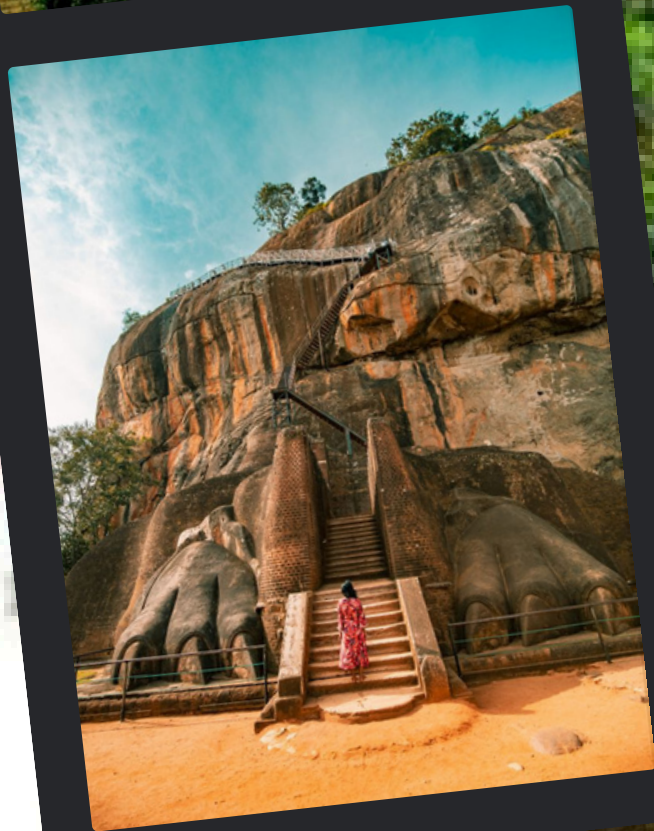


What wonderful  
souls!





# DISCOVERING THE PLACES



What a  
fantastic  
place!

