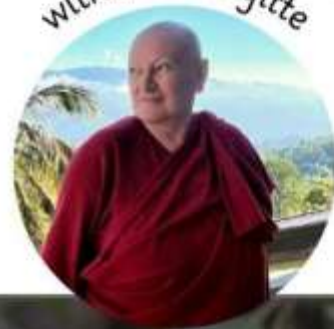


Ayubowan



# Meditation & Ayurveda Retreat 2026

with MC Brigitte



**18th Nov – 25th Nov 2026**

Full 10-day Ayurveda option until 28th November

**KANDY, SRI LANKA**

Embrace tranquility and spiritual growth at our  
carefully planned retreat in Yasminhill Galavilla.



**Book Now**

+66 95 952 0372  caroline.braunshofer@gmail.com [www.meditationthailand.org/mc-brigitte/](http://www.meditationthailand.org/mc-brigitte/)



## TRAVEL & STAY

- Stay in [www.yasminhill.com](http://www.yasminhill.com)
- Double room: €75 per night
- Single room: €90 per night
- Organization fee: €195
- Hotel transfer per ride  
€16 (shared) | €60 (private)

## MC BRIGITTE

- Buddhist nun with 34 years of teaching experience
- Blending tradition with contemporary perspectives
- For more information visit [www.meditationthailand.org/mc-brigitte](http://www.meditationthailand.org/mc-brigitte) or scan



Rejuvenate your body, mind,  
and spirit in a serene setting.

**Book Now**

## INCLUDED

- Up to three meditation sessions, plus a Dhamma talk and a yoga session each day
- Unlimited water and herbal teas
- Breakfast, lunch, and a light dinner featuring vegetarian, vegan, or Ayurvedic options

## OPTIONAL

- Massage Package (€114): 4 treatments including 2 full-body massages, Shirodhara, and foot reflexology
- Ayurveda Package (€50/day): 2 doctor consultations, 1.5 to 2.5 hours treatments tailored per day, Ayurvedic meal plan & medicines
- Excursions: Buddha's Tooth Temple, Botanical Garden, Bowatte Medical Centre, and Dambulla cave temple (prices TBA)