

ENTUSIASMOLOGIA ESPERIENZIALE PIENA in SRI LANKA

Programma indicativo provvisorio LUNA PIENA MAGGIO 2013

Con Fabio Marchesi e Marco Poggianella
Con il supporto di altri Entusiasmologi certificati
(indicativamente uno/una ogni 12 iscritti oltre ai 25 (max 60))

E' previsto un full'immersione iniziale preparatorio, ogni giorno circa 2 ore di teoria + Esperienze dirette di arricchimento con il Sole, con la Luna e con i luoghi sacri visitati, GIA, Trascendenza, Immanenza.

Il Corso culminerà con l'Esperienza di Integrazione/connessione/rinascita con la Luna Piena sulla Rack Fortress sacra, ultimi due giorni di spiaggia.

Day A -

Arrival at the Colombo International Airport, The group will be met by their Italian speaking Guide and Airport Staff. Thereafter, proceed to Colombo. **Travel time:** 37 kms - Approximately 1 hr.

COLOMBO - The trade capital has long been the traditional gateway to the orient. Today, Colombo is a fascinating city with a happy blend of east & west, past & present with a charm of its own. The main seaport of Sri Lanka is in Colombo & adjoining it, is Pettah, which is the local bazaar & trading area. Other places of interest are the beautiful Buddhist temples, Hindu temples, the historic Wolfendhal church, the main residential area - cinnamon gardens and the BMICH - International Conference Hall and the commercial area - Fort.

check-in and Lunch at the Hotel.

P.M. possibility to enjoy a panoramic tour of Colombo including visiting historic and colonial Colombo in all its glory with blends of Portuguese and Dutch history.

**Approx. 15.00 hrs. - 20.00 hrs. Entusiasmologia Esperienziale Conference at Hotel.
Dinner & Overnight Cinnamon Lakeside, Colombo.**

Day B -

After breakfast, proceed to **HABARANA**. Visit to the Arankele Forest monastery en route.

Travel time: 195 kms - Approximately 5 hrs.

Dolukanda, in Hiriya 20 miles north of Kurunegala Town, is famous for its rare medicinal plants that grow wild. Nearby is the famous forest hermitage of Arankele, dating back to the Anuradhapura period. The name Arankele is derived from Aram (hermitages), Kele (forest). Arankele means hermitages in the forest. Among the ruins are a Bodhigara, Simamalake and well-laid paths used by the Monks to pace to and from during the course of their meditation.

HABARANA - the central point of Sri Lanka's cultural triangle and the most convenient base for excursions to the Ancient historical cities - Anuradhapura 60 minutes, Polonnaruwa 45 minutes, Sigiriya/Dambulla 30 minutes, Ritigala 10 minutes and Minneriya National Park (site of the

renowned "Gathering" of over 300 Elephant between July and September) 15 minutes. Though in the "Dry Zone" of the country, thanks to the genius of ancient kings the Sri Lankan "dry zone" is anything but dry, with hundreds of lakes and reservoirs connected by an elaborate network of canals making up a fascinating irrigation system which also provides some of the most breathtakingly beautiful scenery and fertile habitat for Sri Lanka's incredible bio-diversity. This contributes to a large range of activity in the area – village and forest walks, bird and wildlife watching, Elephant Back Safari, cycling, trekking and boating. Habarana is the location of two of the country's best hotels - The Cinnamon Lodge and The Chaaya Village, idyllically located by a peaceful lake and in extensive landscaped gardens which retain most of the original forest trees.

Check-in to the hotel.

Lunch at the hotel.

Approx. 15.00 hrs. - 17.00 hrs. Entusiasmologia Esperienziale at Hotel.

Approx. 17: 30hrs **optional** - 1 hour elephant back ride through the jungles of Habarana.

Each elephant will carry 4 pax.

ELEPHANT BACK SAFARI - through the forest and villages of Habarana - A small wooden frame is placed on top of the elephant and 4 clients sit on this little platform for a one to two hour ride.

**Dinner & Overnight Cinnamon Lodge, Habarana.
Entusiasmologia Esperienziale with the Moon**

Optional

Approx 16.00 hrs. Jeep Safari to Minneriya Wild National park.

Travel time: 20 kms - Approximately 20 minutes.

MINNERIYA NATIONAL PARK - sitting in the centre of the cultural triangle, Minneriya is a good alternative to the busier parks in the south and it's easy to weave in a day here between visiting the ancient cities. The dry season, preferably from June to September, is the best time to visit the 8,890 hectare park when the ancient tank, the lake that dominates the area, dries out and the grasses and shoots push through. During this time it is possible to see herds of up to 150 elephants feeding and washing, as well as toque macaques, sambar deer and leopards. The hungry bird flocks include cormorants and painted storks. Minneriya, closest by car to the ancient city Polonnaruwa, was upgraded from a nature reserve to a national park because of the increased number of tourists coming to see the elephants.

Dinner & Overnight Cinnamon Lodge, Habarana.

Day C -

Early morning : **Entusiasmologia Esperienziale with the Sun.**

After breakfast the group will travel to **POLONNARUWA** which is the 2nd Capital of Sri Lanka. Tour of Polonnaruwa will begin with visit to the **UNESCO museum**

Travel time: 46kms - Approximately 1 hr (one way)

POLONNARUWA - this medieval city, a UNESCO World Heritage Site, rose to fame as the capital (10th - 12th century AD) after the decline of Anuradhapura. The entire landscape of the region is punctuated by huge man-made reservoirs, the most famous of which is the Parakrama Samudra or the Sea of Parakrama, larger in size than the Colombo harbour. The monuments are relatively well preserved and give clear evidence of the glory of Sri Lanka's past. Highlights are the Royal Palace complex including the Kings Palace and Audience Hall, the Quadrangle with its



concentration of ancient heritage and the spectacular Gal Vihare complex of four massive images of the Buddha, cut from a single slab of granite - a highlight of ancient Sri Lankan rock carving. Some of the best examples of the Hindu influence - the Temples of Shiva, intricate statues of Hindu Gods, fascinating Buddhist temples, the Lankatilleka and Watadage, the Galpotha, the Lotus bath, the Kiri Vihare Dagoba and the remains of a former Temple of the Tooth are other impressive sights.

Return to hotel for Lunch.

Approx. 16.00 hrs. Proceed to Pidurangala (Rock with ancient Forest monastery)

Travel time: 20 kms - Approximately 25 minutes.

This 13 acre extended monastery Complex illustrates religious attitude of king kashyapa (477-495 A:D) who built world renowned Sigiriya Rock Fortress during his reign. Pidurangala ancient monastery which is located adjacent to the Sigiriya rock is believed to be the Royal Temple where the king Kashyapa worshipped. According to legend when kashyapa arrive Sigiriya rock to built his rock fortress capital, the caves around here was occupied by Buddhist monks who observe meditation. The king shifted that "Sigiriya monastery complex" to Pidurangala. As the legend goes referring the meaning for "Pidurangala" as "offered+monastery+rock". But some inscriptions says pidurangala was also a monastery beyond Kashyapa period.

According to historical chronicles, Pidurangala has been existed as a well civilized, ancient place. All these details have been well confirmed by Brahmin inscriptions, rock inscriptions on the rock shelters. More over these bear witness that this viharaya was built according to the panchavasa concept and about 500 monks resided in a pirivena (educational institute of Buddhist monks) in ancient era. Panchavasa concept is "Bodhigaraya" (boon tree chamber), "Image house", "Chapter house", "Dagoba", and meditation chamber. That all has been discovered and now restored. All area have been well surrounded by brick rampart.

Now remain a large cave centered ancient meditation chambers in a gigantic rock, a huge 48 feet long reclining Buddha statue made out of brick, clay and lime and one of the Asia's oldest and remaining of Dagoba with a Bodhigaraya. Passing through the ancient site can climb up to the top of the rock which the fantastic view around the dry zone forests around Sigiriya

The group will witness the Sunset and thereafter meditation with accompanied local monks.

Thereafter proceed to the hotel by approx. 22.00 hrs.

Exclusive Dinner will be arranged at the hotel (Late Dinner).

Overnight Cinnamon Lodge, Habarana.

Day D -

Entusiasmologia Esperienziale with the Sun.

After Breakfast Transfer to Ritigala. Visit the Ritigala ancient archeological site.

Travel time: 30 kms - Approximately 40 minutes (one way)

RITIGALA - The monastic complex on the lower slopes of Ritigalakanda (Ritigala Mountain) has some of the most distinctive ruins in Sri Lanka. When Buddhism became established on the island, Ritigala was selected as a suitable spot for the construction of Vihares, or temples and the first, the "Lanka Vihare", was founded in the second century BC. A peculiarity of Ritigala is that though it is located in the Dry Zone, many temperate wet Zone plants grow on the summit. It is also one of the most known habitats for a variety of herbs, roots, stems and flowers



used in Ayurveda. Today, this forest hermitage is the abode of several monks who use hollowed out caves and rough types of habitation as a retreat for meditation. The upper reaches and summit of the 766m rock is a Strict Nature Reserve but the monastic complex and caves can be visited

Thereafter get on the awaiting 4 x 4 jeep & transfer to Ritigala Elephant transit home which is not a touristic feature.



This is an orphanage which cares for the orphan baby elephants which are lost on the jungles, brought to this "Elephant Transit Home" & cared for with minimum human contact. Approximately in 5 years' time they are released again to the wild when they are fit enough to survive on their own. Currently there are around 7 baby elephants at this transit home.

15 minutes transfer time.

After this visit you will visit the " Patikara Maduwa " ancient Rural village and meet with Master Sumedha. The master professes an ancient form of martial arts known locally as "Angam" which was a dying form of art in Sri Lanka. The present master took over the responsibility by dedicating his life to protect and foster the "Angam Techniques" for future generations. The Angam technique was established in the 2 century by king Dutugamunu & later by King Walagamba during the Anuradhapura period (Sri Lanka's first capital in the 2 Century BC. All the forces which fought many battles during the Anuradhapura period mostly against the "Chola" invasions followed "Angam" techniques.

This traditional martial art contains several important fighting methods such as, Gata (locks), Pora wrestling, Nila (secret Pressure points of the human body), Nakshashtra (horoscope), Vedacama (Ayurveda Treatment) & Mantra Sharsthra (sacred/ special chanting & Angam meditation). The art forms are so unique yet very gruesome & fierce.

During this visit The Master will personally welcome you to his home, perform the rituals of "Angam Arts" for approximately 1 hour followed by a **traditional lunch at his house (no meats, but a delicious local meal)**. The setting of the village, the house of the Master and the field the Martial arts are practiced is so picturesque, and this will a memorable visit of a lifetime.



Depart the village & return to the hotel approximately 1600 hrs. 1 hour transfer time.

Buffet dinner in the Hotel. Overnight Cinnamon Lodge, Habarana.

Day E – Full Moon Entusiasmologia Experience at the Rock Fortress

The group will travel to **SIGIRIYA** and climb the rock fortress, where the group will have the FULL MOON ENTUSIASMOLOGIA Experience.

(Recommend the Full moon Poya day).

Travel time: 25kms - Approximately 30 minutes (one way)

SIGIRIYA - this UNESCO World Heritage Site, a spectacular Rock Fortress, is one of Sri Lanka's major attractions. The most impressive facets of the unique complex are the Water Gardens, the Frescoes of beautiful maidens, the Mirror Wall with ancient graffiti, the Lion platform and the Summit of 1.6 hectares, which was completely covered by buildings during the period of Sigiriya's glory. Built by King Kashyapa (477-495 A.D), the "Lion Rock" is a citadel of unusual beauty rising 200m from the scrub jungle. The rock was the innermost stronghold of the 70 hectare fortified town and the base is ringed by a moat, rampart, and extensive gardens. The world-renowned frescoes (originally 500, of which only 19 remain today) which are in a sheltered pocket of the rock approached by a spiral stairway are painted in earth pigments on plaster. The old stairway to the top led through the mouth of a crouching lion but today only the huge paws remain giving an indication of the massive proportions of the head. Remains of the handsome royal citadel are on the summit and several caves for meditation, audience platforms and baths complete the unique site.



the group will enjoy King Coconut organized at the foot of the rock.

Around 1100hrs proceed to a local village temple in the area and offer a "Dhana" (Offering meals to the Buddhist Monks) According to Buddhist traditions, Monks in the temple does not prepare meals in the temple and instead rely on meals offered by the villages. Here we would like to reinvent this tradition and offer meals to the resident Monks, which as per Buddhist teachings will invoke merit to the party offering meals.

This ceremony will start by firstly observing "Pan-sil" (Buddhist prays). Thereafter clients have the opportunity offering/serving freshly cooked meals (Alms) to the Buddhist Monks the Traditional way. Followed by the meal it is the time to offer gifts to the Monks. Gifts will consist of the day to day needs of the Buddhist Monks like saffron robes, shaving kit, umbrella etc... Final part of this unique ceremony will be a sermon (Bana) based on teachings of Lord Buddha Followed by tying of blessed cords on the right hand of each participant. This arm band is believed to protect all individuals from evil and carry the blessings for the next 7 days.

Day F -

Entusiasmologia Esperienziale with the Sun.

After breakfast leave for Dambulla and visit the **Dambulla Rock Caves Temple.**

Travel time: 25kms - Approximately 30 mnts.

DAMBULLA - the greatest of Sri Lanka's cave temples, dates from the first century BC and contains over 150 Buddha images, subtly lit for maximum atmosphere. Actually a series of five caves, the temple is called Raja Maha Vihara by locals, but known simply as Dambulla to visitors. The entrance is marked by a large white dagoba along a long sloping rock face, from where there are views of the rock fortress of Sigiriya, about 20km away. Most of the caves were carved out by hand and some of the amazing array of Buddha statues are still attached to the wall.



There after proceed to Matale visiting a Spice Garden en route to see spices growing in their natural habitat. Learn about spices and their use in Sri Lankan cuisine.

Lunch at the Spice Garden, Continue journey to **Kandy.**

Travel time: 80kms - Approximately 2 hrs

KANDY - Sri Lanka's hill capital, stronghold of the Sinhala Kings, is our most beautiful town. The focal point of the town is, without doubt, the golden roofed Dalada Maligawa. The highlight of the year is the Esala Perahera, when a replica of the relic casket is taken in procession accompanied by exotically costumed dancers, drummers and elephants during ten glittering nights in July/August. Visit Kalapuraya in the beautiful Dumbara valley. There are many shrines and temples, where you will see rare paintings, frescoes, wood and stone carvings.



Check-in to the hotel.

Approx. 16.30 hrs. Organize a Private tour to the Temple of the Tooth Relic.

DALADA MALIGAWA or the Temple of the sacred Tooth Relic in Kandy is the most venerated place of worship for Buddhists throughout the world. Built in the 16th century this temple houses the sacred Tooth Relic of the Buddha brought to Sri Lanka from the Kalinga province in ancient India in the 4th century AD. Several buildings have been added to the temple complex by successive rulers, the latest being the Golden Canopy over the inner shrine where the Tooth Relic is placed. Originally the Temple was within the King's palace complex as it was the symbol of Royal Authority.

Dinner & Overnight Chaaya Citadel, Kandy.

Day G -

Early morning Approx. 05.30 hrs. Proceed to **The Dhamma Kuta Vipassana Meditation Centre** for half day meditation with local monks.
Packed Breakfast will be organized from the hotel.

The Dhamma Kuta Vipassana Meditation Centre is located at Mowbrey, Mahakanda, in close proximity to the city of Kandy, the hill capital of Sri Lanka. Located in a serene, tranquil environment, it is encircled by a vista of mountains with the holy peak of Sri Pada, the Bible Rock and a host of other mountains in the horizon. The approach to the Centre is along the Galaha road, 5 km from Peradeniya on the Colombo – Kandy road. The Centre has the capacity to cater to about 80 meditators during a retreat. Much dedicated effort has gone in to provide an ideal environment for meditation at 'Dhamma Kuta'.

Thereafter return to Hotel at approx. 12.30 hrs.

Lunch at the Hotel.

Approx. 14.00 hrs. leave for **NEGOMBO**.

NEGOMBO – sometimes known as "Little Rome" due to the profusion of Christian Churches, this archetypical fishing village has now grown to a major beach resort on the west coast, north of



Colombo and 15 minutes from the International Airport. The wide sandy beaches and safe sea bathing are major attractions, as is the fish market where busy trading of a variety of fish, prawns and crabs takes place each morning (except Sunday) when the fishing craft return to shore. Traditional large sailed outrigger canoes are a picturesque sight in this village which was once a trading port for the Portuguese and Dutch. Other attractions are the old Dutch fort gate built in 1672 now a part of the prison and the Dutch Canal which was then a supply route for the Dutch administration.

Travel time: 120 kms - Approximately 3 hrs.

Check in at the **Jetwing Blue, Negombo**

Approx. 18.00 hrs. - 20.00 hrs. Conference facility at Hotel.

Dinner & Overnight Jetwing Blue, Negombo

Day H -

After breakfast departure transfer to the **AIRPORT.**

Travel time: 10kms - Approximately 25 Minutes.

HOTELS USED 4+ 5*

COST INCLUDES:-

- * Accommodation on full board basis starting with Lunch on day 01 and ending with breakfast on day 09.
- * Transport in air-conditioned coach with arrival/departure transfers and all sightseeing as per the itinerary.
- * All applicable entrance fees.
- * Mineral water bottles service during transfers and sightseeing. (2 bottles per person per day while on tour)
- * Services of an Italian speaking Guide for the tour.
- * All applicable government taxes.

PLEASE NOTE:-

- **Poya days (Buddhist full moon day) and on some public holidays alcohol is not served in hotels and restaurants.**
- **Inclusions for Conference as per below:**
 - Whiteboard with markers**
 - Flipcharts with markers**
 - Pads, pencils, Mints, water etc.**
 - Conference Hall**
 - Head Table**
 - Podium mike**