



# CEYLON ACTIVE ESCAPES

CRAFTING YOUR BESPOKE SRI LANKAN ESCAPE WITH  
ACTIVE FITNESS, ADVENTURE, AND WELLNESS

**20TH JULY - 26TH JULY 2025**



Ceylon Active Escapes is a subsidiary of Ceylon Functional Fitness Pvt. Ltd.





# Who We Are

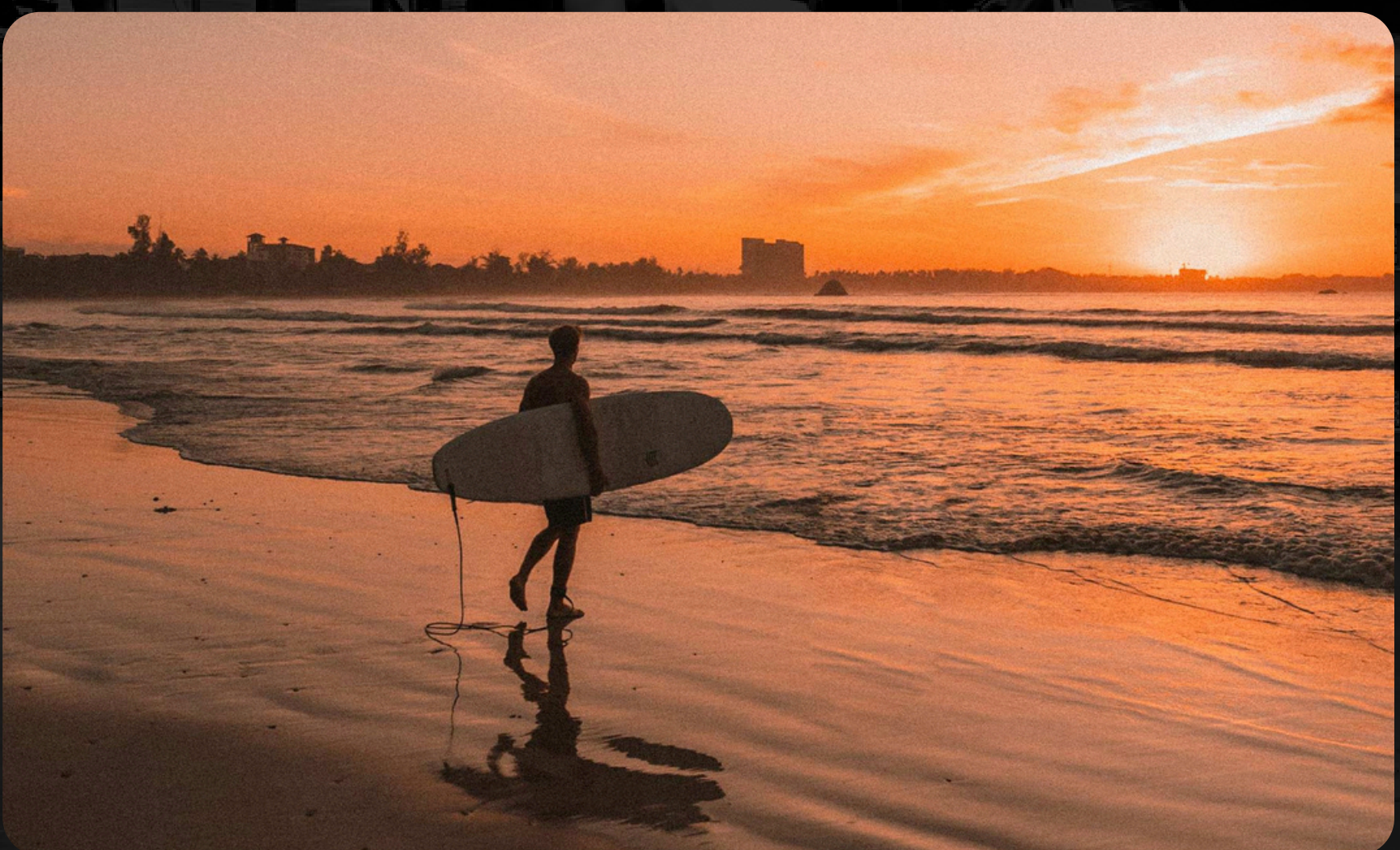
Ceylon Active Escapes Pvt. Ltd., a subsidiary of Ceylon Functional Fitness Pvt. Ltd., is pioneering the concept of active escapes in Sri Lanka.

Our mission is to transform the way tourists experience the island by offering bespoke holiday packages that combine fitness, adventure, and wellness.

We provide guests with the opportunity to stay active and healthy while enjoying the natural beauty and culture of the island.

Our retreats include accommodation in stunning villas, healthy bespoke meals, and daily fitness activities such as functional fitness sessions, yoga, surfing, paddleboarding, and more.

Ceylon Active Escapes offers a balanced, immersive experience that caters to fitness enthusiasts and those seeking an active, adventurous vacation.







## Our Esteemed Partners:



Main Partner



Hotel and Resort Partner



Adventure  
Activities Partner



Hotel and Resort Partner



Restaurant Partner



Accommodations



Hotel and Resort Partner



# Our Previous Escapes





# Excursions

Guests can enjoy a variety of activities, from surfing along pristine beaches to golfing at world-class courses, cultural bike rides through lush paddy fields, and treks in nature reserves like the Sinharaja Forest.

Sri Lanka offers ideal conditions for water sports such as surfing and paddleboarding, catering to both beginners and experienced enthusiasts.

These activities provide the perfect opportunity to connect with the island's natural beauty and rich cultural heritage while staying active.





# Sri Lankan Food

One of the highlights of your stay will be the chance to savor Sri Lanka's renowned cuisine. Guests will enjoy fresh, locally sourced meals prepared by expert chefs, with a focus on wholesome, healthy ingredients that fuel your active days.

Sri Lanka is famous for its:

- Seafood: Freshly caught prawns, crabs, and fish are cooked in flavorful local styles.
- Tropical fruits: Indulge in juicy mangoes, pineapples, papayas, and coconuts.
- Authentic spices: Taste traditional curries, bursting with local flavors that have been passed down generations.

Meals will be designed to provide the perfect balance of protein, fresh produce, and grains, ensuring that every dish is as nutritious as it is delicious.





# Sample Itinerary

## Day 1: Arrival in Sri Lanka & Relaxation

**Arrival:** Land in Sri Lanka and transfer to Ahangama (approx. 2.5-hour drive)

**Welcome:** Light cocktails and drinks on arrival, meet and greet

**Check-in:** Settle into accommodations at PALM

**Relaxation:** Unwind by the pool, optional massage, ice bath, or sauna at a nearby recovery centre

**Dinner:** Welcome dinner and cocktail party with gift hampers and informational packets.





# Day 2: Immersive Wellness in Ahangama

## Morning:

Coffee and fresh fruits at PALM Café

Morning workout with Andy at PALM CF Box

Breakfast at PALM (customizable options: fresh fruits, smoothie bowls, eggs, Sri Lankan dishes)

## Afternoon:

Chill by the pool or explore Ahangama town

Lunch at Hotel De Uncles

Surfing at Kabalana Beach (1.5–2 hours with a local coach) Kasun's Place

## Evening:

Dinner on the beach at Kasun's Place

Bonfire and BBQ night







JULY 22ND

# Day 3: Beach Walk, Stilt Fishing & Sri Lankan Fusion Night

## **Morning:**

Coffee and fresh fruits at PALM Café

Morning jog/walk/run on the beach followed by a light mobility session post run.

Breakfast at PALM

## **Afternoon:**

Chill by the pool or explore Ahangama town

Lunch at Hotel De Uncles

Depart for Koggala for stilt fishing

Stilt fishing experience near PALM

## **Evening:**

Sri Lankan Fusion Night Dinner at PALM

Board games and social night at a private beach setup at PALM



# Day 4: Kayaking & Yoga

## Morning:

Coffee and fresh fruits at PALM Café  
Depart for Unawatuna for kayaking  
Kayaking session or Jetski Session

## Afternoon:

Lunch at the Social Unawatuna  
Free time (relax at the villa, massage, ice bath, or sauna)  
Sauna at Ember and Ice  
Yoga (Breathwork & Yin Yoga) at PALM

## Evening:

Sri Lankan Fusion Dinner at PALM  
Board games and evening social at a private beach setup







JULY 24TH

# Day 5: Padel & Luxury Dining

## Morning:

Coffee and fresh fruits at PALM Café

Beach Fitness session

Breakfast at PALM

Chill by the pool or explore Ahangama town

## Afternoon:

Padel at Tropical Padel

Lunch at a nearby restaurant

## Evening:

Luxury dinner & sunset views at PALM

Bonfire & Connection Circle at a private beach setup at PALM







JULY 25TH

# Day 6: CF Sessions and Recovery

## Morning:

Optional Run and Mobility Session  
Breakfast and Pool Session

## Afternoon:

Lunch and Chill

## Evening:

CrossFit Session  
Dinner







JULY 26TH

# Day 7: Final Day & Departure

## Morning:

Morning workout at PALM FIT  
Breakfast at PALM  
Packing & leisure time

## Afternoon:

Check-out & light lunch  
Transfer to the airport for departure





# Pricing and Inclusions

**\$ 1785 USD - 6 Nights**

**Price depends on services & add-ons.**

## ***What's Included:***

- 7 Days of accommodation in luxurious settings
- All meals (3 per day) featuring healthy, locally sourced ingredients
- Daily optional excursions, including paddleboarding, surfing, biking, and more
- Optional functional fitness sessions
- Airport transfers to and from BIA Colombo
- Transportation for all activities and excursions
- Free time for relaxation and exploration

Experience your best holiday yet with us!

Reach out at [escapes@ceylonfunctional.com](mailto:escapes@ceylonfunctional.com) to get started.







# Sample Workouts

Please note that our workouts feature a diverse range of styles, including functional bodybuilding, CrossFit, running, and Hyrox-inspired sessions, with a mix of training designed to suit all kinds of training preferences and styles.

In teams of 2

**Only 1 person working at a time**

10 minute Running Clock...  
80 Cal Assault Bike/Row  
50 Medball Situp pass  
25 Power cleans @155/105

**In the remaining time**

AMRAP of  
10 Synchro Pushup  
10 Synchro Air Squat

Rest 3 minutes between rounds  
Repeat For 3 Total Rounds





# Sample Workouts

## Warm-up:

High Knees (30 seconds)  
Butt Kicks (30 seconds)  
Arm Swings (30 seconds)

## Plyometrics :

A-Skips (2 x 20m)  
Bounding (2 x 20m)

## Sprints:

5 x 40m sprint relays.  
Run 20 meters forward and then 20 meters back  
Tag your teammate in.  
2 pairs racing at a time

## Threshold Run:

1 Mile Time Trials ( 1600 meters)



# Sample Workouts

## Movement Prep

Hip CARs: 1 x 5 each leg

Cat-Cow: 1 x 10

Barbell Romanian Deadlift: 2 x 10

## Sumo Deadlift (1 x 3)

Build to a heavy set of 3 Drop to 80% and hit 10 additional reps Slightly heavier than last week. add 2-5%

## Pendlay Row (1 x 8)

- Build to a heavy 8 reps - Complete another 25 reps at that weight

## Superset (3 rounds for weight)

3 sets:

10-12 Dumbbell Death March

10 Strict Pronated Grip Pullups

Rest 90 seconds between sets