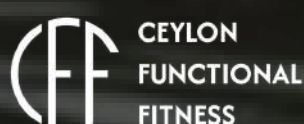




CEYLON ACTIVE ESCAPES

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

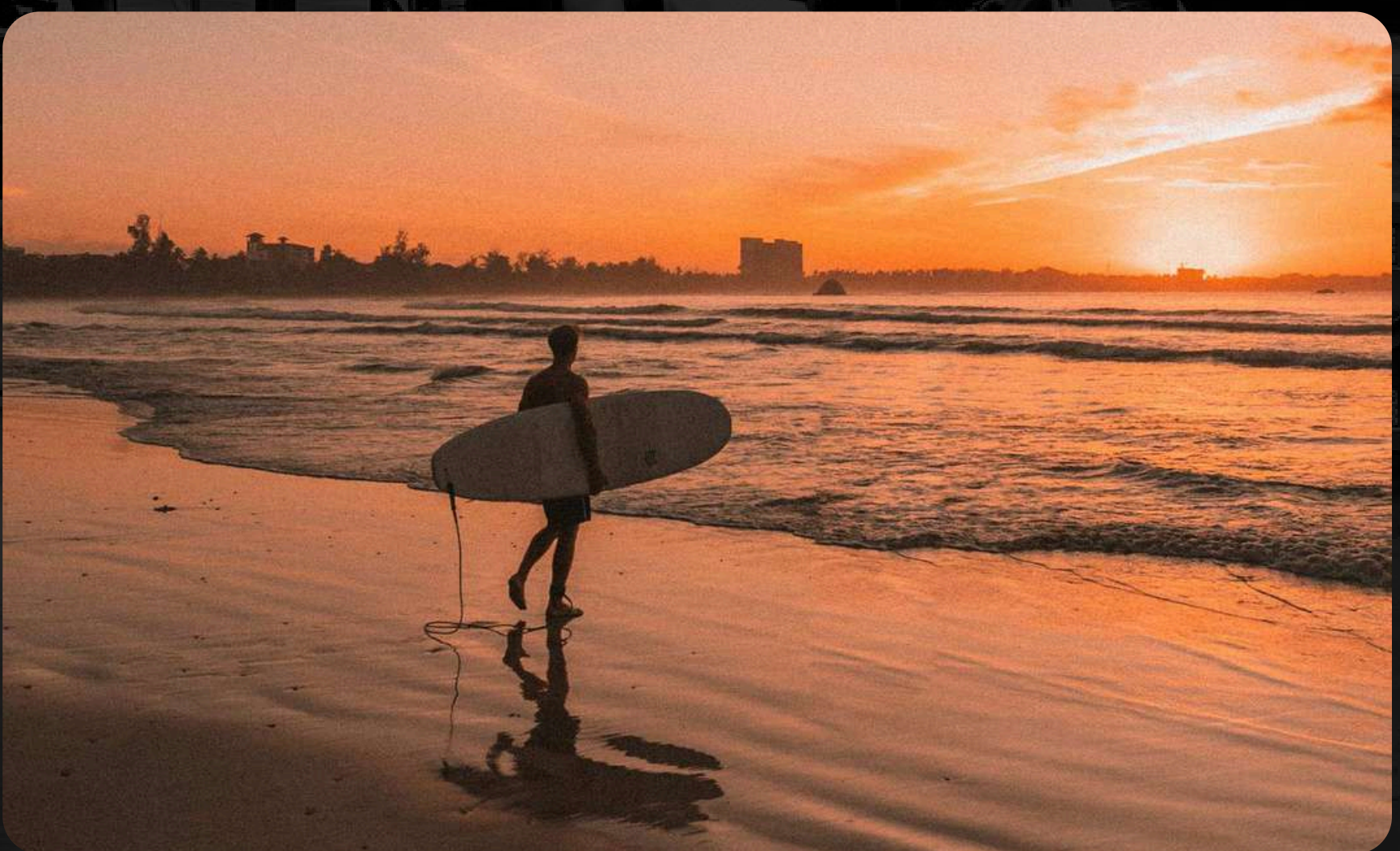
Ceylon Active Escapes Pvt. Ltd., a subsidiary of Ceylon Functional Fitness Pvt. Ltd., is pioneering the concept of active escapes in Sri Lanka.

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

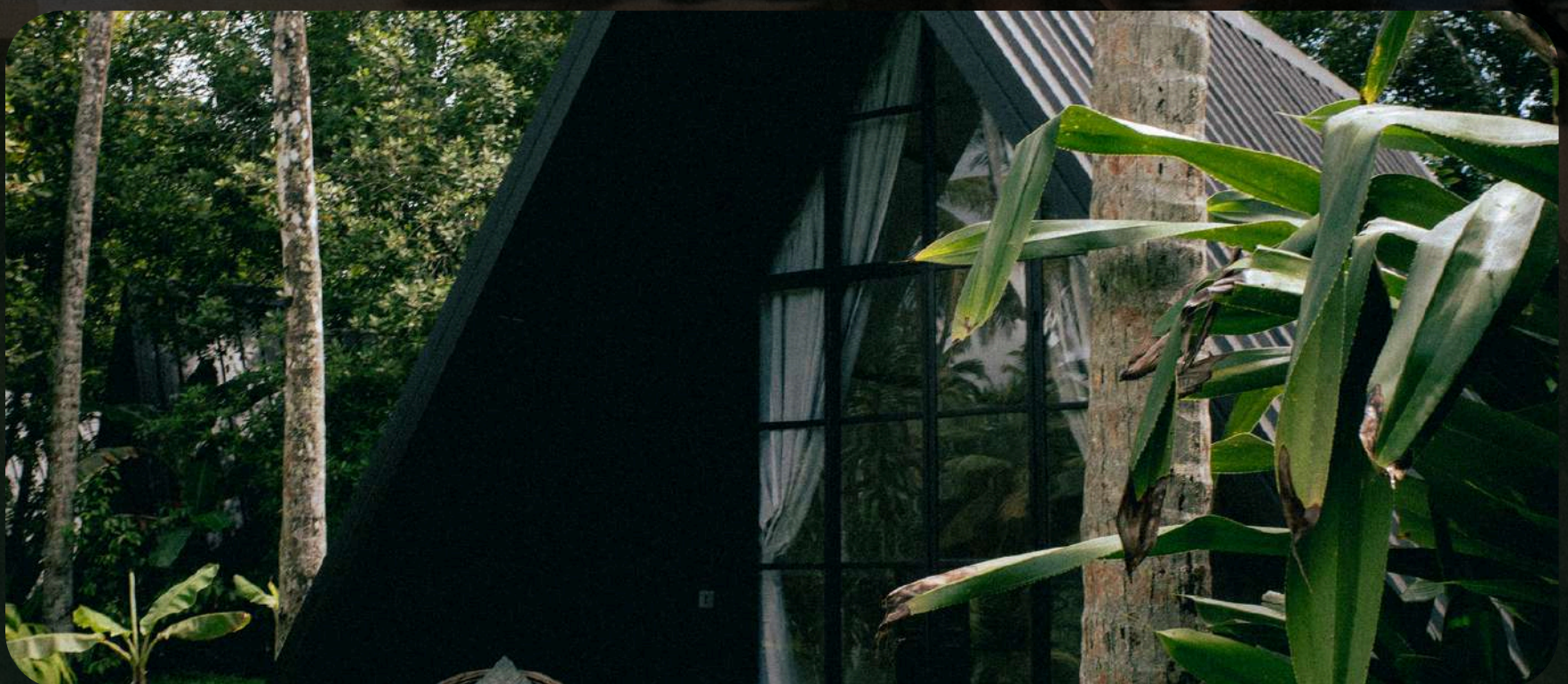
Lunch at Hotel De Uncles

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



Day 7: Final Day & Departure

Morning:

Morning workout at CFCY
Breakfast at Marriott
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 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