

ONE DAY GOOD LIFE EXPERIENCE ITINERARY

Start of Programme and Arrival of Participants

Time: 7:00 - 7:30

Location: Lahiru Villa Entrance, MCC Centre of Excellence

What does this session entail?

The Founder of the Good Life Institute, Foundation of Goodness - Kushil Gunasekera, will meet you upon arrival at the Lahiru Villa.

You will be greeted with a cold towel and a warm welcome drink.

Kushil will do an initial briefing and remind guests of the schedule of the day.

You will be allocated a room in the Lahiru Villa to keep your valuables and personal belongings safe. Please note that the Lahiru Villa has only a limited number of rooms, therefore you will have to share these facilities with other guests.

Introduction to Better Than I Used To Be

Time: 7:45 - 8:45

Location: Hikkaduwa Beach by Hikka Tranz

What does this session entail?

The sea is one of the key elements of the Better Than I Used To Be programme. Therefore we will kick start the day by the sea where Kushil Gunasekera will also introduce you to the many varied benefits of sea water and share his experience.

This session will introduce you to the Better Than I Used To Be programme, in essence whilst engaging with the sea while sitting down and comparing the sea to our own life experiences and using that analogy showing the way how to be Better Than I Used To Be with other insight and wisdom.

Breakfast

Time: 8:45 - 10:00

Location: Lahiru Villa, MCC Centre of Excellence

What does this session entail?

Upon your return to the Villa, you will be served a healthy traditional Sri Lankan breakfast.

Kushil will join you for breakfast and provide you with some useful insights about Sri Lankan superfoods and Mindful eating.

Please see sample menu below:

- Fresh Coconut and Lunu Miris (onion chutney) Bowl
- Freshly grated Coconut with Spicy Chili Sambol
- Local beans, Sweet potatoes, Green gram sand Chickpeas

- Porridge
 - Fruit Juice
 - Fruit platter
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Tour of the Foundation of Goodness Empowerment Divisions

Time: 10:00 – 10:30

Location: MCC Centre of Excellence

What does this session entail?

You will be given a tour of the MCC Centre of Excellence and taken around to see all of its empowerment divisions.

During the tour, you will be able to witness the vast activities at the Foundation. You will also witness how Tsunami funding has been put to great use in creating Sri Lanka's holistic, one-of-a-kind development model village which rose out of devastation to be so successful today.

Village Life Experience - Plates of Goodness Cooking Session and Lunch

Time: 10:45 – 14:00

Location: Udumulla Village

What does this session entail?

Starting from the Udumulla Heartbeat Centre, you'll head to a local house in the village to take part in a fun culinary session! You'll man the cooking station and learn to cook traditional village rice & curry with Chef Asiri and a local family. You have the option to get assistance in preparing dishes if you would like to do so, or you can sit back and enjoy the lessons.

At the end of the session, you'll enjoy prepared lunch in a relaxed outdoor setting along with the views of the Udumulla River. A recipe leaflet will be provided, to try it out back home with your loved ones.

Please see sample menu below:

- Red Rice
 - Dhal Curry
 - Fish, Chicken or Prawn
 - Bringal Moju or Pineapple
 - Okra tempered
 - Mushroom tempered
 - Coconut Sambal or Green Leaves Salad
 - Kiri Pani (Yoghurt and Treacle)
 - Seasonal local fresh fruit
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Volunteering Activity

Time: 14:15 – 15:30

Location: MCC Centre of Excellence

What does this session entail?

Volunteering is one of the most important elements of the Better Than I Used To Be programme.

You will be asked in advance to sign up to an activity of your choice.

Upon your return from the Udumulla Village & Lunch, you will be met by the volunteering coordinators at the MCC Centre of Excellence.

Mind Make-up Session

Time: 16:00 – 17:00

Location: Sports Centre

What does this session entail?

If you don't rule the mind, the mind will rule you.

The Mind Make-up session will be an inner version of a beauty make up. Led by Kushil, you will learn about the difference of external appearance as opposed to inner peace development, and which one ultimately paves the way for ultimate happiness.

End of Programme and Refreshments

Time: 17:30 – 18:30

Location: MCC Centre of Excellence

What does this session entail?

You will head back to the MCC Centre of Excellence to enjoy Sri Lankan sweet and savoury delights!

The cost of the 1 day programme is US\$ 300 nett per person.

Free admission for children under the age of 12. They are welcome to come with their parents however only adults over the age of 18 can participate in the programme. We have a children's' Goodness Club at the Seenigama Centre therefore if children are on the programme, we will have plenty of activities to entertain them with!

For a 1 day programme we are looking for a minimum of 5 - 6 participants.

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