prokschconsult

The Adventure is you ...
Where stillness meets aliveness.



10 Days

Sri Lanka

TRANSFORMATIVE INNER EXPEDITION

An extraordinary space for experience. An expedition within.



EXPERIENCE SRI LANKA WITH ALL YOUR SENSES – A CATALYST FOR PERSONAL GROWTH, CLARITY, AND NEW PERSPECTIVES.



INTENSIVE DEVELOPMENT WORK

Coaching, supervision, and personal reflection in individual or group settings

EXPERIENCE AS TRANSFORMATION

Outdoor experiences and expeditions become powerful catalysts for real change.

SRI LANKA AS AN EXPERIENTIAL SPACE

Sensory experience of nature, culture, and spirituality that opens up new perspectives

STEPPING OUT OF THE COMFORT ZONE

Supported learning and growth zone through the diversity and unique energy of the country

LIGHTNESS & ENJOYMENT

Conscious free time, shared experiences, good food, and the warmth of the people

BASECAMP VILLA NAOLINA

Our special place for connection, retreat, comfort, and well-being.

ADVENTURE. NATURE. CULTURE. GROWTH.

Inspiring experiences for your personal journey.

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WHO IS THIS TRIP FOR?

- It is aimed at people who may be facing a decision,
- who want to reorient themselves professionally or personally,
- who want to look at themselves and their previous thinking and behavioral patterns from a new perspective,
- who feel that something needs to change, but don't quite know where to yet.

WHO IS THIS EXPEDITION FOR?

- At the same time, the Inner Expedition is designed for **curious, open-minded, and adventurous people** who enjoy discovering the unknown, learning about other cultures and ways of life, and engaging with nature, encounters, and new experiences.

YOUR SUPPORT TEAM

- Lead: Dr. Elisabeth Proksch – Supervision and transformative work.
- In cooperation with Lanka Explorer Tours (Mr. Sampath Sitinamaluwe), experienced local guides, and expedition experts.

Lanka Explorer Tours

www.lanka-explorertours.com

WILPATTU

www.wilpattusafaricamp.com