Amuna

AYURVEDA & WELLNESS RETREAT

# HEARTS & HANDS

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# Dr. Kema Hettiarachchi

Dr. Kema Priyadarshani Hettiarachchi is a highly experienced Consultant Ayurveda Physician with over 30 years of expertise in holistic healing and Ayurvedic medicine. She has held leadership roles at several renowned Ayurvedic institutions, overseeing clinical practice, research and hospital administration.

She holds an MA in Buddhist Ayurvedic Counselling, an MSc in Hospital Management and Administration, a Postgraduate Diploma in Hospital Management, and a DSAMS with First Class Honours. Dr. Hettiarachchi has completed advanced training in Panchakarma, Acupuncture, Traditional Chinese Medicine, Korean Acupuncture, Electrocardiography and Herbal Therapies.

A dedicated researcher and educator, she has presented a wide range of studies on Ayurvedic drug efficacy, psychosocial counselling and holistic wellness, among many others, reflecting the breadth of her work. Her contributions have also been recognised at international forums in India and China. Proficient in Sinhala, English, Hindi and Russian, she seamlessly integrates traditional Ayurvedic principles with contemporary therapeutic practices to enhance the physical, mental, and spiritual wellbeing of her patients, earning their lasting respect and high regard.

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# Sunanda Buwanayaka

With over 15 years of hands-on experience in the wellness and hospitality industries, Sunanda Buwanayaka is a seasoned professional known for his leadership in Spa, Wellness and Recreational Operations. He has been instrumental in launching wellness-focused resort concepts and crafting bespoke guest journeys that seamlessly integrate Ayurveda, Nutrition, Physical Fitness, and Holistic Healing.

Sunanda's diverse skill set spans the establishment of high-value wellness facilities, the development of personalised programmes for discerning guests, the management of fitness operations, and the coordination of agricultural and herbal cultivation initiatives supporting Ayurvedic practices. A results-driven leader, he blends operational acumen with a profound understanding of guest wellbeing.

Armed with an MBA from Cardiff Metropolitan University, UK, Sunanda bridges traditional wellness philosophies with modern fitness science. His strengths extend to staff training, marketing and financial management, underpinned by a steadfast commitment to delivering exceptional wellness experiences.

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# Chaminda Weerarathna

Chaminda Weerarathna is a skilled Yoga Instructor with a strong foundation in Hatha, Vinyasa and Restorative Yoga. His approach integrates physical discipline with mindful living, offering a holistic path to inner balance and strength.

With training in the traditional Sri Lankan martial art of Angampora under Vishvaja Vin Threa, Chaminda brings a unique presence and grounding energy to his sessions. His teaching is informed by years of experience and a deep understanding of Yogic Philosophy, Movement and Breathwork.

Known for his compassionate and empowering style, Chaminda helps individuals reconnect with their bodies and cultivate clarity through the transformative practice of Yoga. His sessions encourage balance, resilience and mindful awareness, supporting wellbeing on both physical and emotional levels.

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