
S W A
W E L L B E I N G



SwaSwara
a cgh earth experience



SWA WELL BEING

DURATION: 3 NIGHTS ONWARDS

Goals: A well being holiday with a flexible regimen that refreshes the body, mind and soul.

SwaSvara's signature programme, Swa Well-being is the beginning of an exploration of the self. This comprehensive programme begins with an introduction to Yogic Kriyas, Asanas, Yoga Nidra, Meditation and Pranayama. It also includes relaxing Abhyanga Ayurveda massages, special focus yoga sessions, guided art & pottery sessions and lifestyle guidance by our experienced Ayurveda and yoga team.

Swa Well being primarily focuses on helping guests experience and implement various mind and body techniques based on the concepts and philosophies of yoga, meditation, Pranayama and Ayurveda to create positive changes in one's approach to the daily rigours of modern life. It opens the mind to learning how, through a balanced approach, one can effectively reduce and manage stress to enhance the synergy in one's life.

INCLUSIONS

AYURVEDA

Consultation – Consultation with our Ayurveda doctor is essential before your treatment.

Therapeutic massages – All full body massages involve the therapist using precise strokes to increase circulation, stimulating and strengthening the lymphatic system, and opening the flow of prana in order to cleanse and revitalize the body. The patients are guided through each aspect of the treatment. There will be restrictions on treatments that can be availed by female guests who are menstruating.

AYURVEDA MASSAGE

Relaxation Therapeutic Massage • Rejuvenation Therapeutic Massage • Salt Glow Massage • Deep Tissue Massage • Cleansing Aromatherapy Salt Glow Scrub • Head to Back or Back to Feet De-stress Therapy • Padabhyanga • Ayurvedic Facial/Hair Therapy



Programme includes	Number of sessions						
	Duration	3	5	7	10	14	21
	Min	Nights	Nights	Nights	Nights	Nights	Nights
Ayurveda consultation prior to any treatment		2	3	4	6	9	12
Relaxation therapeutic massage	60	1	2	1	1	2	2
Ayurveda de-stress massage	60		1	1	1	2	2
Rejuvenation therapeutic massage	60	1		1	2	2	2
Cleansing aromatherapy salt scrub	60			1	1	1	1
Salt glow massage	60				1	1	2
Deep tissue massage	60					1	2
Padabhyanga (Foot therapy)	60						1
Private yoga class (Per room)	60			1	1	2	2

Note: 60 minutes of therapy includes 45 minutes of body massage and bathing time. Subject to the doctor's approval, we offer an option to interchange any of the above listed treatments with those featured on our à la carte menu available at the retreat. Supplementary cost, if any, for such exchanges will be charged as applicable. There will be restrictions on treatments that can be availed by female guests who are menstruating.



YOGA AND MEDITATION

Consultation with yoga instructor – One detailed consultation on arrival.

Yoga sessions – Group sessions for Yoga Asanas, Pranayama, Yoga Nidra and meditation are offered throughout the day at SwaSwara.

Private yoga sessions of one hour duration on a one-to-one basis, available at resort at an extra cost.

Advisory: Yoga Kriyas such as JAL NETI & LAGHUSHANKA PRAKSHALAN are available on prior booking. Being Yogic cleansing therapies these would be available only for stays of a minimum of 3 nights duration & will depend on the Yoga instructor's advice.



30 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Gentle Yoga session
30 min	15:15 - 15:45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session

CUISINE

This programme includes all meals. SwaSwara offers healthy, gourmet cuisine which includes fresh organic vegetables and fresh seafood. Signature herbal teas and fresh fruits are served at Cocum restaurant from 6.00 to 7.00 am.



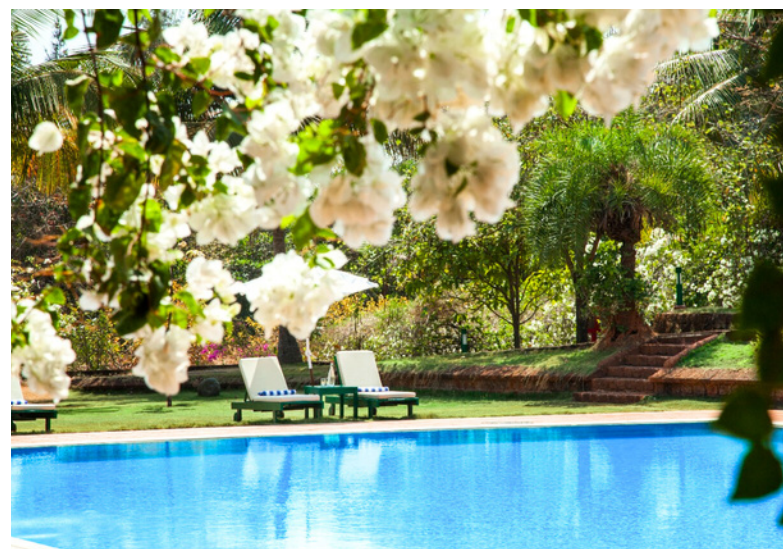


ACCOMMODATION

Accommodation in rustic Konkani villas that are cradled in colours of the earth, using locally available material such as laterite and coconut thatch. The villas have an open-to-the-elements aesthetic, with an open inner courtyard and partially open-to-sky bathrooms. Only the bedrooms are enclosed and air-conditioned, while the rest of the villa gets you in touch with nature directly. The yoga deck on the second level offers spectacular views of the forests and glimpses of the ocean, while serving as a perfect spot to just revel in being.

ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities.



Nature Trails & Bird Watching

What better way to start your day than with a sighting of Hornbills or the White bellied Sea Eagle that nests in our property! With a protected patch of forest and the rainwater lakes, SwaSwara plays host to a wide variety of migratory and resident birds, with occasional visits from endangered species too. Experience all this and more on a bird watching walk. You could also hike across Om Beach, up the cliffs through the scrub jungle and acacia plantation to Half-moon beach and trek back uphill along a mud road to the resort.

Interactive Cooking of Healthy Cuisine

Every day, our chefs offer interactive classes for healthy cooking. Guests join our chefs to learn how to cook healthy, tasty food and improve consumption habits. They give you recipes to try at home (with almost no oil, refined sugar or flour) with healthy alternatives you can find in your city.

Art Studio

Healing with art and pottery is an experience our guests look forward to. Expressing oneself through art is an activity we have enjoyed as children. At SwaSwara you get back in touch with that forgotten child within you. To break the ice, our artist-in-residence interacts with you throughout besides introducing you to a wide range of creative activities. Guided sessions for art and clay modelling with our resident artist are available everyday. This interaction with art will unleash your imagination and bring you closer to self-discovery.

Boat Ride

You can contact our front desk for Boat Rides to Mirjan Fort, Long Beach and Tadadi Harbour. A very interesting cruise to the historic Mirjan Fort, takes you through the sea up the Aganashini river. A tuk tuk ride will get you from the boat jetty to the fort. Return by boat to OM Beach. Cruise by the pristine long beach where you can explore a relatively un touristy beach and fishermen's village and a typical Konkan style temple. Cruise to the busy fishing harbour to experience the local flavor of a bustling fish market. Return by Tuk Tuk.

Visit the Temple Town of Gokarna

Meander around and find yourself back in time at Gokarna's 2 streets amid the sacred cows; visit its famous Shiva temple; or tour the inland temples and forts.

Library

A circular, well lit space that is open all day and has an eclectic collection of books. The library can be air-conditioned if you wish.

Swimming Pool

Our large oxidised swimming pool is always holding out a welcome to you to jump in and swim. Depending on the programme you are on, the doctor will advise on the use of the swimming pool.





AIRPORT PICK UP AND DROP

- The distance between Goa's Dabolim Airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours.
- The distance between Mopha Airport and Swaswara is 200 km - a drive of approximately 6 hours.

CHECK - IN & CHECK - OUT

- Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night's charge will be levied.
- Check-out 11.00 am - Late check-out is subject to availability. Prior booking & payment are required to guarantee the use of the room after 11.00 am. F&B and Ayurveda services after check-out time will be chargeable.

AVAILABLE AT SWASWARA AT ADDITIONAL COST

- Private yoga classes of a duration of one hour on a one-to-one basis. Yoga wear can also be purchased.
- A customised diet and detailed dosha analysis.
- Fruits & juices, tender coconut water & snacks ordered out of meal times.
- An exclusive boat cruise (without staff escort) to explore the nearby beaches or Mirjan Fort.
- A selection of wines.

BOOKING AND CANCELLATION POLICY

- To book a holiday program, 50% advance payment must be received 60 days prior to the arrival date or before the cut of date mentioned by the central reservation system.
- For booking confirmation, 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the central reservation system.
- 50% refund if cancelled 15 days before the arrival date.
- No refund if cancelled less than 14 days before the arrival date.

CHILD POLICY

- We welcome children above the age of 10 years only. The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 10 to 18 years.
- Use of the Ayurveda Wellness Center facilities and therapies are open only to guests who are of the age of 18 years and above. However, those under 18 years can take part in all the other scheduled activities like yoga, meditation, treks, art & pottery and use of the swimming pool.

SAFETY & HYGIENE

SwaSwara follows the highest safety & hygiene standards.

BEGIN
YOUR
SOULFUL
HOLIDAY

