

WELLNESS IN RHYTHM WITH THE MONSOON

7-DAY AYURVEDA REJUVENATION PROGRAMME



THE AYURVEDIC APPROACH TO MONSOONS

As the rains arrive, Ayurveda turns toward renewal. As the body adapts to the changing season, it becomes a natural time to restore balance through nourishing therapies, mindful movement, and wholesome food. Together, they help strengthen digestion, support immunity, and prepare the body for the months ahead.

At SwaSwara in Gokarna, the 7-Day Monsoon Ayurveda Rejuvenation Programme brings this seasonal wisdom to life through personalised therapies, yoga, meditation, nourishing food, and immersive experiences in nature. Grounded in Ayurveda's timeless principles and the restorative rhythm of the monsoon by Om Beach, it is designed to restore balance, strengthen the body, and renew the mind, leaving you feeling lighter, calmer, and ready for the months ahead.





YOUR 7-DAY WELLNESS EXPERIENCE

Comprehensive Ayurveda Consultation

Prakriti (body constitution) analysis	Personalised seven-day treatment plan
Daily consultations with the Ayurveda physician	Health assessment

Therapies & Monitoring

Fourteen classical Ayurveda therapies (two per day)	Internal herbal medicines, where prescribed
Gentle cleansing therapies, where indicated	Daily physician reviews to monitor progress

Seasonal Ayurvedic Nutrition

Dosha-specific Sattvic diet	Interactive cooking sessions
Traditional medicated kanji (gruel made with njavara rice and medicated herbs)	Lifestyle guidance

Mind & Body Practices

Daily yoga	Cyclic Meditation	Meditation
Pranayama	Yoga Nidra	

Creative Exploration & Reflection

Educative talks by Ayurveda physicians	Art and wellness experiences
Guided nature walks	Mindful relaxation sessions

THE BENEFITS OF SEASONAL REJUVENATION

The journey at SwaSwara is designed to create lasting change, leaving you feeling restored not just for the season, but for the months ahead.

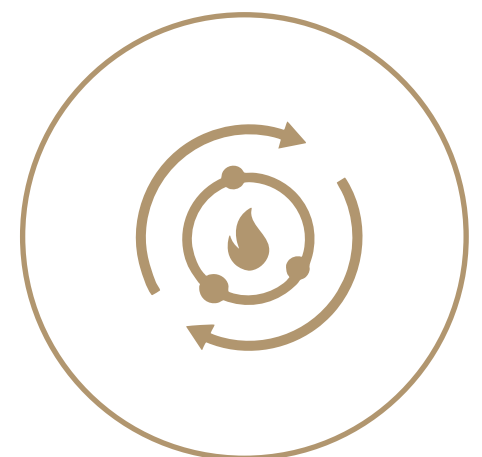
Seasonal Detox & Rejuvenation

Gentle cleansing therapies help restore balance, relieve muscular stiffness, ease fatigue, and support greater joint mobility and flexibility.



Enhanced Digestion & Immunity

A personalised Ayurvedic approach strengthens digestion, improves metabolism, and fortifies immunity, helping the body adapt to the changing season with greater resilience.



Mind-Body Harmony

Daily yoga, meditation, and restorative practices encourage deeper relaxation, better sleep, reduced stress, and relief from emotional fatigue.



Renewed Energy & Wellbeing

Feel lighter, more energised, and better equipped to meet the demands of everyday life with renewed vitality and resilience.



Sustainable Lifestyle Wisdom

Take home practical Ayurvedic guidance and seasonal practices that support long-term health and wellbeing, long after your stay at SwaSwara.



Disclaimer: All therapies, medicines, and dietary recommendations are prescribed only after a thorough assessment by the Ayurveda physician. Treatment protocols, medications, and therapies may vary according to each individual's health condition, body constitution, and specific clinical requirements.

PROGRAMME TARIFF

Occupancy

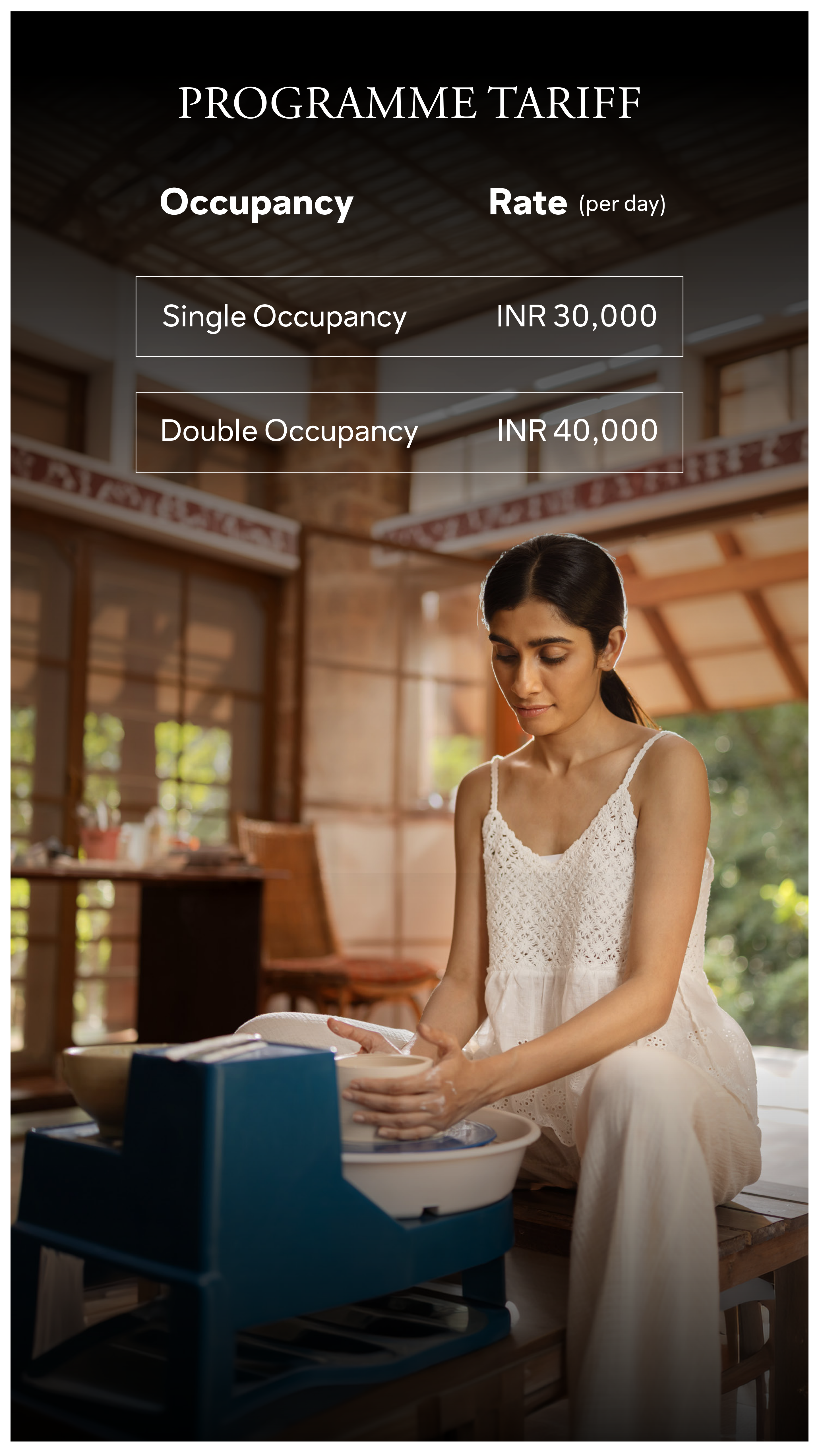
Rate (per day)

Single Occupancy

INR 30,000

Double Occupancy

INR 40,000



EXPERIENCE THE MONSOON RESET

Restore balance this monsoon through the timeless wisdom of Ayurveda, mindful movement, nourishing food, and the healing presence of nature.

SWASWARA:



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swaswara.in

To learn more or reserve your stay, please get in touch with our team.