



GROUP RETREAT HOSTING PACKAGE

2027 - 2028

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A SANCTUARY FOR SELF-DISCOVERY ON INDIA'S WESTERN COAST

SwaSvara is located above the iconic Om Beach in Gokarna, on India's Konkan coast. Designed as a space for reflection, healing, and personal exploration, the retreat brings together yoga, Ayurveda, naturopathy, art, and nature within one cohesive environment.

The name SwaSvara translates to "inner voice." This idea guides everything here from the architecture and landscape to the daily rhythm of activities and the style of hospitality. Guests are encouraged to slow down, listen inward, and reconnect with what supports their well-being.

We are pleased to share our Group Retreat Hosting Package designed to make planning simple, your experience seamless, and the setting deeply supportive for you and your group.



PROPERTY HIGHLIGHTS AT A GLANCE

— *Hosting Retreats at SwaSvara*

- 24 private Konkan villas, allowing groups to gather in an intimate setting while maintaining individual space for each guest.
- Located above Om Beach in Gokarna, approximately 140 km from Goa's Dabolim Airport accessible by private transfer arranged by the resort.
- Dedicated indoor Yogashala and Meditation Hut, along with several outdoor practice locations including the beach and garden.
- Multiple outdoor meditation and movement decks, including Beach Deck, Buddha Deck, Meditation Hill, and the Banyan Tree platform.
- Fresh, seasonal cuisine with both vegetarian and seafood options with the ability to accommodate most dietary requirements.
- Ayurveda, naturopathy, yoga, and wellness therapies available on site, allowing retreat leaders to integrate authentic Indian healing practices into their programme.
- Experienced team familiar with hosting international retreat groups, providing support with logistics, scheduling, and coordination.
- Maximum capacity designed for depth and connection rather than large-scale events.



- A fully equipped art studio offering painting and ceramics, with guided sessions led by experienced teachers. This distinctive feature allows you to expand your retreat beyond movement into creative practice.
- Guided nature experiences, beach walks, and cultural activities in and around Gokarna.



SUPPORTING YOUR RETREAT AT EVERY STAGE

At SwaSwara, we understand that hosting a retreat involves far more than providing rooms and practice spaces. Our team works closely with retreat leaders from the planning phase through to the final day of the programme, helping to ensure that every element runs smoothly.

Before arrival, we assist with logistics, room planning, scheduling of spaces, wellness treatments, transfers, and practical details that support a cohesive programme. Marketing images and property information are available to help you present the retreat clearly to your community.

During the retreat, our team coordinates daily operations behind the scenes, from preparing practice areas and arranging therapies to organising cultural experiences and special moments for the group. This can include details such as traditional rangoli or mandala designs on the grounds, group dining arrangements, performances, or farewell gatherings.

Our intention is to create an environment where retreat leaders can focus fully on their participants and teaching, knowing that logistics, hospitality, and on-site coordination are being handled with care.



WHO WE ARE

A family-run hospitality group, SwaSwara is part of CGH Earth Experience Hotels, known for creating environmentally sensitive and community-connected destinations across India. For over three decades, we have focused on developing properties that reflect the character of their location while supporting local culture, ecology, and livelihoods.

Opened in 2006, SwaSwara was conceived as a space dedicated to well-being, self-discovery, and mindful living rather than conventional tourism. The retreat draws on Indian traditions of yoga, Ayurveda, naturopathy, and artistic expression,

integrated within a natural coastal landscape. Many members of the team come from nearby villages and bring local knowledge, warmth, and continuity to the guest experience. This connection to the place shapes everything, right from the cuisine and cultural activities to the atmosphere of the retreat.

At SwaSwara, hospitality is approached as a form of care. The aim is to create a setting where guests feel supported in slowing down, reconnecting with themselves, and engaging meaningfully with their surroundings.



MOVEMENT & PRACTICE SPACES

Practice is the cornerstone of the retreat experience, and we work with you to ensure each session unfolds in a space suited to your teaching approach, the needs of your group, and the rhythm of your schedule.

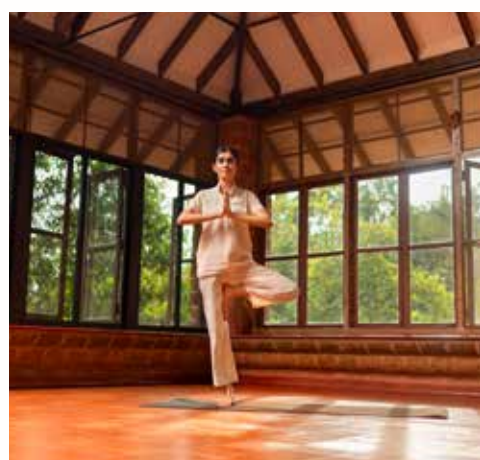
SwaSvara offers a variety of indoor and outdoor spaces for yoga, meditation, breathwork, and group sessions, allowing retreat leaders to design programmes that evolve throughout the stay.

Across the practice spaces, we hold 70 yoga mats, 32 blocks, 20 bolsters, and 50 belts so a full group can be equipped without anyone needing to travel with their own.

Yogashala (Indoor)

The main indoor practice space accommodates larger group sessions in a calm, protected environment. It is suitable for dynamic yoga practices, workshops, and lectures, and provides a reliable option during, both, hot weather and the rains.

- **Capacity:** Approximately 35 participants for asana practice and up to 45 for seated sessions.
- **Equipment:** Yoga mats, blocks, bolsters, belts, a speaker, microphone, projector, and a screen are available.
- **Best suited for:** Primary daily classes, workshops, and evening talks.



Meditation Hut

An enclosed, quiet space ideal for seated practices and smaller movement sessions. Its intimate scale supports deeper focus and works well for guided meditation, pranayama, or reflective sessions.

- **Capacity:** Approximately 18 seated and 10 for asana practice.
- **Equipment:** Basic sound system is available.
- **Best suited for:** Meditation, breathwork, and small-group sessions.

Beach Deck

An outdoor platform near the shoreline offering an open-air setting for sunrise or sunset sessions. The sound of the sea and fresh air create a distinctive atmosphere for yoga and meditation.



- **Capacity:** Approximately 15 participants.
- **Best suited for:** Gentle yoga, meditation, and ceremonial sessions.

Meditation Hill

A secluded outdoor area with expansive views, suitable for quiet group practices or contemplation. Often used for sunrise meditation or reflective gatherings.

- **Capacity:** Approximately 15 seated.
- **Best suited for:** Silent sitting, guided meditation, and special sessions.

Buddha Deck

A peaceful outdoor space that supports both seated and light movement practices. Its smaller size creates a sense of intimacy for group work.

- **Capacity:** Approximately 15 seated and 10 for asana practice.
- **Best suited for:** Meditation, restorative yoga, and small workshops.

Banyan Tree Area

An open, natural setting beneath a mature banyan tree, traditionally associated with contemplation and learning in India. This space is well-suited for grounding practices and informal gatherings.

- **Capacity:** Approximately 20 participants for asana practice.
- **Best suited for:** Gentle yoga, group circles, and discussions.



Flexibility & Backup Options

Practice locations can be adjusted based on weather, group size, and programme needs. Indoor alternatives are available when outdoor sessions are not suitable, ensuring continuity throughout the retreat.

Exclusive use of specific spaces can be arranged depending on the retreat schedule and overall occupancy.

ACCOMMODATION – KONKAN VILLAS



SwaSwara offers 24 private Konkan villas designed to provide each guest with space for rest, reflection, and personal time between group activities. The scale of the property supports an intimate retreat environment while allowing flexibility in rooming configurations.

The villas follow traditional coastal Karnataka architecture, built with laterite stone and coconut thatch. Each space is designed to remain connected to the surrounding environment, with open elements and natural ventilation throughout.

Each villa includes a bedroom, a separate living area, and a private open-to-sky courtyard. An upper-level yoga deck provides an additional space for quiet time, meditation, or personal practice.

Air conditioning is available in the bedroom, while the rest of the villa remains naturally ventilated.

Room Configuration

Rooms can be arranged for both single and shared occupancy.

- King bed set-up in standard configuration.
- Twin bed configuration available in select villas.
- One block of seven villas has been converted to twin beds to better support retreat groups.
- A full gallery of villa photographs is available on request, so retreat leaders can see each configuration before planning rooming.

This flexibility allows retreat leaders to design rooming plans that suit their group structure.



Layout & Location

The villas are distributed across the property, allowing for privacy while remaining within easy walking distance of practice spaces and common areas.

- **Block A:** Located near the swimming pool and meditation areas.
- **Block B:** Near the library, reception, and Cocum Restaurant.
- **Block C:** Closest to the main yoga and practice spaces.

This layout supports both convenience and quiet, depending on the guest's preference.

In-Room Amenities

Each villa includes:

- Tea selection (green and black tea)
- Mini fridge
- Bathrobe and spa robe
- Natural bath products
- Hair dryer
- Safe deposit locker
- Hot and cold water
- Flashlight, candle, and matches
- Daily housekeeping
- Two glass bottles of purified drinking water per day

THE CULINARY EXPERIENCE

Meals at SwaSwara are prepared with fresh, seasonal ingredients sourced from the property's gardens and nearby farms. The menu is largely plant-based, built around vegetables, grains, lentils, and local flavours, with the addition of fresh seafood.

The food is designed to feel light, nourishing, and satisfying throughout the day, supporting energy for practice while remaining easy to digest. Generous portions and a rotating weekly menu ensure guests enjoy both variety and satisfaction.

There is no poultry or red meat served on the property.

Dietary Flexibility

We work to a fixed daily menu for breakfast, lunch, and dinner, built around what is fresh and seasonal. Vegetarian, vegan, gluten-free, and other specific requirements are accommodated within it, and retreat leaders are welcome to speak with our chef in advance to shape the menu around the intention of their programme.



Meal Structure

Meals are served in a way that supports the flow of your retreat.

Each day includes breakfast, lunch, and dinner.

- Buffet or pre-plated depending on the group size.
- Timed to align with your schedule.
- Designed to be shared as part of the group experience.



Dining Spaces

Meals take place across two locations:

- Cocum, the main restaurant with a covered dining space.
- Anamaya, the beachside restaurant, where selected dinners are served during the non-monsoon season (November to May).

Your group is given a dedicated area of both restaurants for the length of the retreat, so you eat together in your own space, with a sense of privacy and cohesion. Meal times can also move to suit your schedule. Groups have taken lunch at 12:30pm rather than 1:00pm, and one group chose a single brunch at 10:30am each day.

Tell us the rhythm of your programme and we will arrange the kitchen around it.



All-Day Refreshments

- Infused water and herbal tea available in the library.
- Evening Tea Time: Hosted daily near the library area.
- Smoothie Bar: Freshly prepared upon request.

Additional Notes

- Wine is available at an additional cost.
- Outside alcohol is not permitted.

OUR SPACES

SwaSwara is designed so that the experience of the retreat continues naturally outside of scheduled sessions. The property offers a range of spaces where guests can move between practice, rest, and quiet time without feeling confined to a single area.

Pool & Lounge

The outdoor swimming pool is set slightly apart, creating a calm space for rest between sessions. Surrounded by greenery and lined with sun loungers, it offers a place to unwind, read, or spend time in silence.

Meditation Spaces

Across the property, dedicated spaces support stillness and reflection. The Meditation Hill, with open views over the coastline, is often used for sunrise sessions, while the Meditation Hut provides a quieter, enclosed setting for guided work or chanting.

Library

A circular, light-filled space that remains open throughout the day. Guests often use it for reading, journalling, or quiet time. It is also the primary area with Wi-Fi™, allowing the rest of the property to remain uninterrupted.



Gardens, Lakes & Walking Paths

The grounds include gardens, rainwater lakes, and walking paths that invite guests to move slowly through the day. These spaces are often used for informal conversations, integration, or alone time between sessions.

Beach Access

Om Beach is a short walk from the property, offering a natural extension of the retreat. Many groups incorporate early morning walks, quiet time by the sea, or occasional sessions in this setting.



Art Studio & Creative Practice

The art studio is a central part of the SwaSwara experience. Guided by a resident artist, guests can work with clay, painting, and other forms of creative expression in a dedicated studio space. For retreat leaders, this allows the programme to expand beyond physical and contemplative practices, introducing a different way for participants to engage and reflect.

A Natural Flow

The property is arranged so that guests can move easily between the spaces throughout the day. This creates a rhythm where structured sessions, personal time, and shared moments sit comfortably alongside one another.

INCLUDED IN YOUR RETREAT

Some of the most memorable parts of a week at SwaSwara cost nothing extra. They are part of how the property works, and they give a retreat leader somewhere to take the group when the practice is done for the day.

The Art Studio

There is a resident artist on the property and a studio that stays open through the day with clay, a wheel, and paints. Guests who have never made anything in their lives end up there in the afternoons and it becomes the surprise of the week for most groups. Working with clay does something that talking and moving cannot, and it gives your participants a way to process the retreat that does not ask them to explain themselves. For a leader, it is a session you do not have to design or lead.



Cooking with the Chef

Our kitchen opens for an interactive session where the group cooks alongside our chef, learning the Konkani dishes they have been eating all week. It works particularly well mid-retreat when people are ready for something lighter and social. Guests leave with recipes they actually make at home.

The Organic Farm

The chef will walk the group through the vegetable farm on the property where much of what arrives at the table is grown. It is a short, grounding visit that connects the food to the place, and it sits naturally before or after a cooking session.

Guided Meditation and Yogic Practice

Our team offers guided meditation, yoga nidra, and yoga kriya sessions. Leaders often use these to open or close a day, or to give themselves an hour off while the group is still held in practice.

KEY INFORMATION & PRICING

Rates

Rates are based on a full retreat stay experience, including accommodation, meals, and core wellness elements.

All prices are in INR.

(EUR and USD equivalents are indicative and may fluctuate based on exchange rates.)

May to September (Lower Season)	October to April (Main Season)
• Single occupancy: ₹22,600 (22600/-) (Approx. €210 / \$260) • Double occupancy: ₹27,800 (27800/-) (Approx. €260 / \$295)	• Single occupancy: ₹38,500 (38500/-) (Approx. €360 / \$410) • Double occupancy: ₹44,500 (44500/-) (Approx. €415 / \$470)

Rates depend on seasonal fluctuations.

Full Property Buyout

For retreats seeking full privacy and exclusive use:

- **Room availability:** 24 villas available.
- **Our published rates as per our retreat rate policy are as follows:**
 - 5–10 rooms: 15% off
 - 10+ rooms: 25% off
 - Full buyout: 35% off
- **Minimum stay:** Four nights.

This option allows for exclusive use of the property and greater control over scheduling and space allocation.

Group Size & Capacity

- **Minimum:** Five villas (to access retreat rates).
- **Ideal group size:** 10–24 guests.
- **Maximum capacity:** 35 guests. This is set by the Yogashala, which holds 35 for asana practice so that the whole group can always practise together indoors.

If a group does not reach the minimum number of guests, the retreat can still go ahead.

The leader either pays for the minimum number of villas at the retreat rate, or the group is charged at our standard rates.

What's Included

- 7 nights in a private Konkan villa
- All meals, plus tea and refreshments throughout the day
- Exclusive use of the fully-equipped practice spaces assigned to your group
- Pottery, cooking with the chef, a farm visit, and guided meditation sessions
- Retreat concierge on-site all week
- Planning support before arrival
- Photo and video assets for your marketing
- Free single occupancy for you as retreat leader, and a discount for your assistant
- All taxes and service charges

What's Not Included

- Flights, visas, and travel insurance
- Airport transfers
- À la carte add-ons: treatments, private yoga, excursions, performances, and cultural experiences
- Menu modifications
- Wine



Retreat Leader & Assistant Conditions

For groups with a minimum of five paid villas:

- **Retreat leader:**
Complimentary single occupancy (full stay inclusions)
- **Assistant:** Up to 30% discount.

For full property buyouts:

- **Retreat leader:**
Complimentary single occupancy.
- **Assistant:** Up to 50% discount.

Payment Schedule

To secure your retreat:

International version: Initial deposit: €1,000 to hold your preferred dates

Indian version: Initial deposit: ₹10,000 to hold your preferred dates

- Refundable up to 120 days prior to arrival
- Non-refundable after this point

30% advance payment due 120 days prior to arrival

- Non-refundable
- Booking released if not received

The remaining amount is due 45 days prior to arrival.



Cancellation Policy

- The initial deposit is non-refundable once the date stated in the payment schedule above has passed.
- Of the amounts paid beyond the deposit, 50% is refunded if the booking is cancelled at least 21 days before arrival.
- No refund is given for cancellations made less than 21 days before arrival.

À LA CARTE EXPERIENCES & ADD-ONS

SwaSwara offers a wide range of experiences that can be layered into a retreat to deepen its cultural, creative, and personal dimensions. These are not simply activities, but moments that shape the rhythm of the week and give guests a stronger connection to the place.

Retreat leaders can choose to include selected experiences within their programme or offer them as optional additions for guests.

Please note: All prices are listed in Indian Rupees (INR). EUR and USD equivalents are indicative and may vary based on exchange rates.

Bharatanatyam Experience

Introduce your group to one of India's most expressive classical dance forms. This experience can include both performance and interpretation, offering insight into gestures, storytelling, and rhythm. It adds cultural depth while remaining accessible and engaging.

Price: ₹10,000 (approx. €74 / \$110)

Duration: 1 hour

Ghumte Panga Folk Performance

A live folk performance that brings energy and warmth into the retreat. This is well-suited for a welcome evening or final gathering, creating a shared moment that feels celebratory and rooted in local tradition.

Price: ₹6,000 (approx. €46 / \$64)

Duration: 1 hour





Henna Ritual

Henna can be offered as a soft cultural touch point within the retreat. It creates a moment that feels personal, aesthetic, and connected to place, and works well as an optional afternoon session or part of a closing evening.

Price: ₹500 per person (approx. €5 / \$5.5)

Guided Birdwatching on the Property

Led on-site, this session offers a quiet and immersive way to experience the natural environment of SwaSwara. It works best in the early morning and adds a different rhythm to the day.

Price: ₹1,500 (approx. €14 / \$16)

Duration: 45–60 minutes

Gokarna Town & Temple Visit

A guided visit into Gokarna that gives guests context on the town's spiritual and cultural significance. This is a strong addition for retreats that want to include a deeper connection to place.

Guide: ₹500 (approx. €5 / \$5.5)

Transport: Additional charges will apply

Visit to Sanikatta Sea Salt Production Facility

This experience offers a window into a local coastal tradition, giving guests insight into salt production and the rhythms of the region. It adds a grounded, place-based layer to the retreat.

Guide: ₹500 (approx. €5 / \$5.5)

Transport: Additional charges will apply

Beach Hikes & Coastal Walks

Guided walks to nearby beaches such as Half Moon Beach and Paradise Beach. These can be integrated with journaling, meditation, or simple movement sessions, offering a shift in pace and setting.

Guide: ₹500 (approx. €5 / \$5.5)

Routes vary in distance and intensity.

Private Boat Experience

A private boat outing along the coastline offers a relaxed and scenic group experience. This can be positioned as a premium inclusion or a special shared moment within the retreat.

Price: ₹10,000–₹15,000 per boat

(approx. €74–€92 / \$105–\$160)

Duration: approximately 2.5 hours
Transport: Additional charges will apply

Laghu Shanka Prakshalan (Yogic Cleansing Practice)

A guided cleansing practice rooted in traditional yogic systems. This is best suited for retreats that already incorporate yogic lifestyle elements and want to go deeper into these practices.

Price: ₹2,000 (approx. €18 / \$21)

Ayurvedic & Naturopathy Treatments

Individual treatments can be offered throughout the retreat to support rest, recovery, and personal care. These are often left as optional add-ons, although some leaders choose to include one treatment within their retreat pricing.

Price: ₹4,000–₹4,500 (approx. €37–€42 / \$42–\$48)

Duration: 45–60 minutes



Airport Transfers

140 km from Goa's Dabolim Airport, 180 km from MOPA Airport, 240 km from Mangalore Airport

- **Dabolim Airport:** ₹7,500 (approx. €82 / \$90)
- **MOPA Airport:** ₹10,500 (approx. €115 / \$125)
- **Mangalore Airport:** ₹13,000 (approx. €140 / \$155)

(Transport prices are subject to change.)



Additional Experiences Available on Request

These can be integrated depending on the retreat format and guest profile:

- Private yoga sessions (₹3,500 per hour).
- Cooking sessions with the chef.
- Farm visit and an ingredient sourcing experience.
- Photography and videography (an advance notice is required as cost will be based on the requirements).
- Welcome rituals (rangoli and mandala preparations).
- Customised farewell dinners or closing ceremonies (an advance notice is required as cost will be based on the requirements).

SEASONS & PLANNING YOUR RETREAT

SwaSwara welcomes retreats across most of the year, with each season offering a distinct atmosphere. The experience naturally shifts with the climate, allowing retreat leaders to design programmes that align with the energy of each period.

November to April — Dry Season

This period offers warm, comfortable weather with lower humidity and minimal rainfall, allowing for full use of the outdoor spaces across the property.

Outdoor practice spaces, beach sessions, and movement between locations can be fully integrated into the retreat. Days can flow easily between activity and rest, making this a strong fit for programmes that combine yoga, exploration, and time outdoors.

When we host retreats:

Retreats are hosted from March through to 15 December. We do not schedule retreats between 16 December and the end of January as this is when the property is given over to our individual guests. February can be considered on request, subject to availability and at a different rate.

June to September — Monsoon Season

During the monsoon, rainfall and humidity increase, and the landscape becomes lush and green.

Rain is not constant throughout the day, but it shapes a slower and more contained rhythm across the property. This naturally shifts the focus of the retreat.

This period is particularly suited for:

- Meditation, mindfulness, and inner work.
- Ayurveda and treatment-focused retreats.



- Creative retreats (writing, art, and reflection).
- Smaller groups or experienced retreat leaders.

Indoor spaces such as the Yogashala and Meditation Hut become central, while outdoor sessions can still be held depending on the conditions.

During this time, some elements of the experience may be adapted:

- Outdoor decks and beach-based sessions are weather dependent.
- The Anamaya beach restaurant will not be available.
- Certain excursions may be adjusted based on conditions.

For retreat leaders who intentionally design for this slower rhythm, the monsoon can offer a more focused and immersive experience.

March to May & October — Transition Months

These months offer a strong balance between availability, atmosphere, and flexibility. Temperatures are warmer in March to May, while October brings a greener landscape following the monsoon. Both periods allow retreat leaders to create well-rounded programmes, while often benefitting from greater flexibility in planning.

These months are often chosen for:

- Retreats with a more focused or intentional audience.
- Programmes that combine structure with slower moments.
- Leaders looking to optimise both experience and pricing.

Choosing the Right Timing

Retreat leaders typically select their dates based on the experience they want to create.

- For a more dynamic retreat with outdoor movement, beach sessions, and varied daily flow, October to April offers the most flexibility.
- For a slower, more inward-focused retreat with greater emphasis on treatments, creativity, and group connection, the monsoon season provides a more supportive setting.

Both periods allow for a complete retreat experience, with the property adapting naturally to the rhythm of your programme.

NEXT STEPS

To move forward, the first step is to confirm your preferred retreat dates. Once we receive your selection, we'll check availability and, if open, send you the agreement and invoice for your deposit. Once your dates are confirmed, we will guide you through the booking process and support you in preparing your retreat from the initial planning stage through to the arrival of your guests.

Our intention is to make the process clear, responsive, and aligned with the way you work as a retreat leader.



Disclaimer: All rates mentioned are valid until 30 April 2028.



THANK YOU

Thank you for considering SwaSwara for your retreat. Whenever you're ready, we'd be delighted to discuss your dates, spaces, programme, as well as explore how we can shape the experience around your group.

We look forward to welcoming you to SwaSwara, above Om Beach.



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