



SwaSvara means 'inner voice'. True to its name, SwaSvara is a place of natural harmony that helps release, refocus and recalibrate the self. Situated on Om beach, SwaSvara has little to disturb your inner explorations - apart from the rhythm of the rolling waves and the meditative hum of birdsong. Crafted in colours of the earth, and in synergy with the land that nurtures her, SwaSvara is designed for holistic and transformational experiences; a space where the ancient wisdom of Ayurveda and Yoga embrace you to rejuvenate body and spirit.

ACCOMMODATION

Konkan Villas
(Villa with private courtyard garden
A/c bedroom, a separate living
and work space, upper deck
and an open-to-sky bath).

IN ROOM AMENITIES

Fine selection of green & black tea
Hot Water Kettle
Fridge
Drinking water in glass bottles (2)
Dental Kit
Shaving Kit
Natural Bath Scrubber
Comb
Bathrobe
Spa Robe
Hair Dryer
Sewing Kit
Safe Deposit Locker
Hot and Cold Water
Flashlight

FACILITIES

Ayurveda centre
Yoga shala
Meditation hall
Meditation deck
Swimming pool
Yoga Kriya centre
Library with wifi
Kitchen with
interactive cooking facilities
Art & Pottery Studio
Gift Shop

PROGRAMMES

Spirit of Life
Swa Wellbeing
Ayurveda Rejuvenation
Ayurveda Detox and Panchakarma

FOOD & BEVERAGE

SwaSvara serves healthy cuisine of regional and international kinds including veg and seafood.
We serve Indian Wines.

The SwaSvara special cuisine is served at the:
Cocum restaurant
anAmaya Beach Restaurant

Diet and beverage options vary depending on the programme selected.

Satvic cuisine is served to those on Ayurveda programmes.

THINGS TO DO

Yoga Asana
Meditation
Yoga Nidra
Private yoga
Yoga consultation
Ayurveda doctor consultation
Prakruthi analysis
Ayurveda therapies
Meditative art therapy
Art exploration
Clay modelling
Nature walks

Bird watching
Interactive healthy cooking
Beach
A good collection of books
A Boat cruise
Visit to the temple town, Gokarna

GETTING THERE

Nearest airports are Goa and Hubli
Drive Time
3.5 hr from Goa's Dabolim airport
3 hr from Hubli airport
5 hr from Mangalore airport
9 hr from Bangalore

NOTE

Age limit - 14 years and above

Temperature that varies between 21°C and 34°C

Contact reservations:

+91 97440 70099

admissions@cghearthwellness.com

Contact the resort:

+91 9513320360/9513320363

swasvara@cghearth.com

Address:

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Uttara Kannada
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