



SwaSwara means ‘inner voice’. True to its name, SwaSwara is a place of natural harmony that helps release, refocus and recalibrate the self. Situated on Om beach, SwaSwara 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, SwaSwara 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**

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

*The SwaSwara 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  
admission@cghearthwellness.com

**Contact the resort:**

+91 9513320360/9513320363  
swaswara@cghearth.com

**Address:**

Om Beach, Donibhail,  
Uttara Kannada  
Karnataka – 581326