

Program: Swa Wellbeing

Duration: 5 nights onwards.

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

SwaSvara's signature program 'Swa Wellbeing' is the beginning of an exploration of the Self. Starting at 5 nights, it is about learning to rejuvenate the SwaSvara way; to balance your life, relax, release and slow down, to be able to hear & listen to your "Swara", your inner song. A comprehensive program which begins with an introduction to Yogic kriyas, Asanas, Yoga nidra, Meditations & Pranayama, relaxing Abhyanga Ayurveda massages, Special focus yoga sessions & guided Art and Pottery sessions. This program includes consultations with the Ayurveda doctors, private Yoga sessions and lifestyle guidance by our experienced Ayurveda & Yoga team. Supplemented by a healthy cuisine with a choice between fresh organic vegetarian food and fresh sea fish.

This program focuses primarily on assisting one to experience and implement various mind and body techniques based on the concepts & philosophies of Yoga, Meditation, Pranayama and Ayurveda to create positive changes in one's approach to the daily rigors of modern life. Opens the mind's eye to learn how through a balanced approach one can effectively reduce and manage stress to enhance the synergy in one's life.

Swa Wellbeing Rates in INR
(1 Nov 2018 to 30 Apr 2019)

	Published Rate	
	Single Occupancy	Double Occupancy
5 nights	Rs. 1,48,000	Rs. 1,93,300
7 nights	Rs. 1,64,080	Rs. 2,24,000
10 nights	Rs. 2,23,000	Rs. 3,06,600
14 nights	Rs. 3,01,000	Rs. 4,15,800
21 nights	Rs. 4,29,240	Rs. 5,96,400

INCLUSIONS

Ayurveda

- Doctor's consultation – Prior to start of any Ayurvedic therapy there will be a brief consultation with the Ayurveda doctor.
- Therapeutic Massages – Every patient is gently guided and supported through each aspect of the treatment they will undergo.

Note : There will be restrictions with regards to treatments during the menstrual cycle.

Program Includes	Duration min	Number of sessions				
		5	7	10	14	21
		nights	nights	nights	nights	nights
Ayurveda consultation prior to any treatments		3	4	6	9	12
Relaxation therapeutic massage	60	2	1	1	2	2
Ayurveda De stress massage	45	1	1	1	2	2
Rejuvenation therapeutic massage	60		1	2	2	2
Cleansing Aromatherapy Salt Scrub	45		1	1	1	1
Private yoga class (<i>per room</i>)	60		1	1	2	2
Salt glow massage	60			1	1	2
Deep tissue massage	60				1	2
Padabhyanga (<i>Foot therapy</i>)	45					1

Note: Subject to the Doctor's approval we offer an option to interchange any of the above listed treatments with those featured on our A la carte menu available at Resort. Supplementary costs if any for such exchanges, will be charged extra as applicable.

Yoga

- Consultation with yoga instructor -

On arrival, the guests get a detailed consultation with the Yoga instructor

- Yoga sessions –

A daily schedule of Yoga asanas, Pranayama, Yoga Nidra and various guided meditation sessions are offered. Guests are encouraged to participate in these daily sessions as per their convenience. Private Yoga sessions of one hour duration on a one to one basis, available on site at an extra cost, subject to availability of slots & Yoga instructors.

30 min	Morning Meditation
60 min	Morning Yoga asanas including Pranayama ; parallel group sessions for Beginners and Advanced practitioners
30 min	A Special focus session every day
60 min	Evening Yoga asanas group session for intermediate level
30 min	Evening meditation such as Chanting / Yoga Nidra / Trataka/ Mind-Sound-Resonance Technique

- **Room** - Accommodation in spacious Konkani villas that boast an open inner courtyard and partially open to the sky bathrooms. To make the most of the beautiful natural surroundings only the bedrooms can be enclosed and are air conditioned; the rest of the villa opens out to nature.
- **Cuisine** - This program includes all meals. SwaSvara offers healthy, gourmet cuisine which includes fresh organic vegetables and fresh sea fish. Wake Up signature herbal teas and fresh fruits at Cocum restaurant from 6.00 to 7.00 am.
- **Activities** - SwaSvara offers multiple wellbeing and nature based activities to choose from and guests are encouraged to make their own daily schedule.

<i>Scheduled Activities</i>	<i>Frequency</i>
Interactive cooking classes	Four times a week
*Boat cruise; combined with a guided walking excursion** from Town beach to explore Gokarna village & temples	Weekly
Guided Nature walks; prior booking required	Daily morning 6.00 am & Evening 4.00 pm
Guided Bird watching; prior booking required	Weekly once - Wednesday
Guided sessions for Art and Pottery with our resident artist	All days, excluding Sunday
Meditative art with our resident artist	12 noon; excluding Sunday

**Boat cruise subject to weather conditions & is not available during Monsoons.
**On Thursdays this trip includes a visit to the weekly farmers market.*

Available at SwaSvara at additional cost.
An a la carte menu for a wide choice of relaxing Ayurveda body treatments which are subject to availing one treatment a day per person
Private Yoga classes of a duration of one hour on a one to one basis
A Dosha / Prakruti analysis and diet advisory by the Ayurveda doctor
Fruits & juices, Tender coconut water & snacks ordered out of meal times
Boat cruises to explore the nearby beaches or Mirjan Fort without staff escort
A selection of wines

Note:

All rates are **inclusive** of taxes, consultations, treatments, massages, oils, herbs, yoga, meditation, accommodation and meals during your stay. The price includes pick up and drop from Goa airport.

We provide cotton Yoga wear to use during your stay with us.

Please be aware that there will be **restrictions** on treatments during menstrual cycle.

Child Policy : In order to preserve the tranquility of this unique Indian Spa, we welcome Children above the age of 15 years only. Use of the Indian spa 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.

Payment & Cancellation

50% **advance payment** must be received 60 nights prior (or before the cut-off date mentioned for reservation) for booking confirmation, and the balance payment may be made any time before your arrival at SwaSwara.

- Full refund if cancelled 30 nights in advance.
- 50% refund if cancelled 21 nights in advance.
- Nil refund if cancelled less than 20 nights.

Check in & Check out timings

Check-In	01.00 pm	Early check-in	To guarantee a room prior to 11.00 am, 100% of the previous night charge will be levied.
Check-Out	11.00 am	Late check-out	Subject to availability. Prior booking & payment required to guarantee the use of room after 11.00 am. F&B and Ayurveda services after check-out time will be chargeable.

For enquiries and bookings, please contact :-

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