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# SWA WELL BEING



  
SwaSwara  
a cgh earth experience



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## SWA WELL BEING

DURATION: 3 NIGHTS ONWARDS

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

SwaSvara's signature programme, Swa Well-being is the beginning of an exploration of the self. This comprehensive programme begins with an introduction to Yogic Kriyas, Asanas, Yoga Nidra, meditation and Pranayama. It also includes relaxing Abhyanga Ayurveda massages, special focus yoga sessions, guided art & pottery sessions and lifestyle guidance by our experienced Ayurveda and yoga team.

Swa Well being primarily focuses on helping guests experience and implement various mind and body techniques based on the concepts and philosophies of yoga, meditation, Pranayama and Ayurveda to create positive changes in one's approach to the daily rigours of modern life. It opens the mind to learning how, through a balanced approach, one can effectively reduce and manage stress to enhance the synergy in one's life.

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## SWA WELL-BEING PROGRAMME RATES

Valid From 1 <sup>st</sup> November 2019 to 31 <sup>st</sup> March 2020				
Duration	Swa Wellbeing Programme			
	Published Rate-Single Occupancy		Published Rate Double Occupancy	
	Per night	Total	Per night	Total
3 nights	Rs. 25,500	Rs. 76,500	Rs. 33,500	Rs. 1,00,500
5 nights	Rs. 24,500	Rs. 1,22,500	Rs. 32,500	Rs. 1,62,500
7 nights	Rs. 23,500	Rs. 1,64,500	Rs. 31,500	Rs. 2,20,500
10 nights	Rs. 22,500	Rs. 2,25,000	Rs. 30,500	Rs. 3,05,000
14 nights	Rs. 21,500	Rs. 3,01,000	Rs. 29,500	Rs. 4,13,000
21 nights	Rs. 20,500	Rs. 4,30,500	Rs. 28,500	Rs. 5,98,500

### Cost Inclusion

All meals | Ayurveda and yoga consultations | Ayurveda therapies | Yoga sessions | Ayurveda oils and herbs | Activities like interactive cooking, art therapy, etc. | Private villa accommodation | Pick up and drop from Goa airport | All applicable taxes

# INCLUSIONS

## AYURVEDA

**Consultation** – Consultation with our Ayurveda doctor is essential before your treatment.

**Therapeutic massages** – All full body massages involve two therapists using symmetrical strokes on either side of the body, and the patients are guided through each aspect of the treatment. There will be restrictions on treatments that can be availed by female guests who are menstruating.

## AYURVEDA TREATMENTS

- Relaxation Therapeutic Massage • Rejuvenation Therapeutic Massage • Salt Glow Massage • Deep Tissue Massage
- Cleansing Aromatherapy Salt Glow Scrub • Head to Back or Back to Feet De-stress Therapy • Padabhyanga
- Ayurvedic Facial/Hair Therapy/Beauty for Feet or Hands/Nail Care



Programme includes	Number of sessions						
	Duration	3	5	7	10	14	21
	Min	Nights	Nights	Nights	Nights	Nights	Nights
Ayurveda consultation prior to any treatments		2	3	4	6	9	12
Relaxation therapeutic massage	60	1	2	1	1	2	2
Ayurveda de-stress massage	60		1	1	1	2	2
Rejuvenation therapeutic massage	60	1		1	2	2	2
Cleansing aromatherapy salt scrub	60			1	1	1	1
Salt glow massage	60				1	1	2
Deep tissue massage	60					1	2
Padabhyanga (Foot therapy)	60						1
<b>Private yoga class (per room)</b>							

**Note:** 60 minutes of therapy includes 45 minutes of body massage and bathing time. Subject to the doctor's approval, we offer an option to interchange any of the above listed treatments with those featured on our à la carte menu available at the retreat. Supplementary cost, if any, for such exchanges will be charged as applicable. There will be restrictions on treatments that can be availed by female guests who are menstruating.

## YOGA AND MEDITATION

**Consultation with yoga instructor** – On arrival, 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.

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



30min	Morning meditation
60min	Morning Yoga Asanas including Pranayama; parallel group sessions for beginners and advanced practitioners
30min	A special focus session every day
30min	Jal Neti - Cleansing Yogic Kriya offered on Tuesdays and Fridays
60min	Evening Yoga Asanas group session for intermediate level
30min	Evening meditation such as Chanting / Yoga Nidra / Trataka / Mind-Sound-Resonance Technique

## CUISINE

This programme includes all meals. SwaSwara offers healthy, gourmet cuisine which includes fresh organic vegetables and fresh seafood. Signature herbal teas and fresh fruits are served at Cocum restaurant from 6.00 to 7.00 am.





## ACCOMMODATION

Accommodation in rustic Konkan villas that are crafted in colours of the earth, using locally available material such as laterite and coconut thatch. The villas have an open-to-the-elements aesthetic, with an open inner courtyard and partially open-to-sky bathrooms. Only the bedrooms are enclosed and air-conditioned, while the rest of the villa gets you in touch with nature directly. The yoga deck on the second level offers spectacular views of the forests and glimpses of the ocean, while serving as a perfect spot to just revel in being.

## ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities to choose from and guests are encouraged to make their own daily schedule.



Scheduled Activities	Frequency
Interactive cooking classes	Four times a week
*Boat cruise; combined with a guided walking excursion** from Town Beach to explore Gokarna village & temples	Weekly once
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.

## AIRPORT PICK UP AND DROP

The distance between Goa's Dabolim airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The price includes pick up and drop from Goa airport.

## 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.

## AVAILABLE AT SWASWARA AT ADDITIONAL COST:

An à la carte menu of a personal choice (subject to availing one treatment a day per person) for relaxing Ayurveda body treatments
Private yoga classes of a duration of one hour on a one-to-one basis
A customised diet and detailed dosha analysis
Fruits & juices, tender coconut water & snacks ordered out of meal times
An exclusive boat cruise (without staff escort) to explore the nearby beaches or Mirjan Fort A selection of wines

## BOOKING AND CANCELLATION

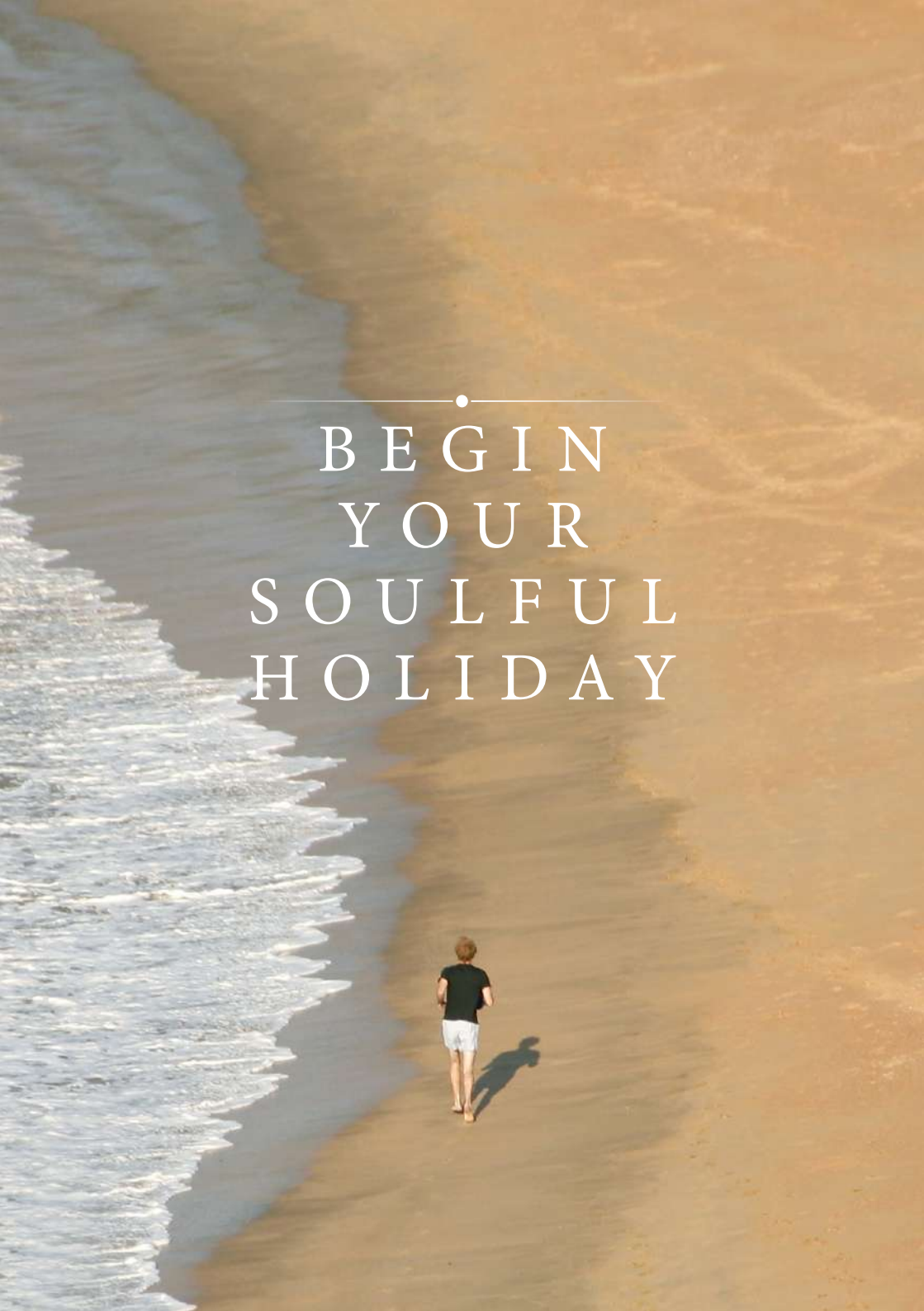
50% advance payment must be received 60 nights prior (or before the cut-off date mentioned for reservation) for booking confirmation, and the balance payment may be made any time before your arrival at SwaSwara.

- Full refund if cancelled 30 nights in advance.
- 50% refund if cancelled 21 nights in advance.
- No refund if cancelled less than 20 nights in advance.

## 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.



A high-angle, wide shot of a person walking away from the camera along a sandy beach. The person is wearing a dark t-shirt and light shorts. The ocean waves are visible on the left side, and the sky is a warm, golden color, suggesting sunset or sunrise. The text is centered in the upper half of the image.

BEGIN  
YOUR  
SOULFUL  
HOLIDAY





[www.swaswara.com](http://www.swaswara.com)

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