
AYURVEDA REJUVENATION



SwaSwara
a cgh earth experience



AYURVEDA REJUVENATION

DURATION: 5 DAYS ONWARDS

Goals: Rejuvenate using traditional Ayurveda principles to de-stress & revitalise from inside out. Get an introduction to a healthy activity pattern and food habits drawn from Ayurveda, to lead and maintain a healthy lifestyle in today's world.

Ayurveda is an ancient Indian philosophy that focuses on healing the body by rebalancing the three body humors – Vata, Kapha & Pitta. SwaSwara's Ayurvedic programmes are available for different durations of stay; with each programme designed to address specific needs and restore the vitality of the body.

Our 'Ayurveda Rejuvenation' programme addresses health issues arising from the rigours of modern lifestyle. Suitable for overall recalibration & maintenance or for relief from specific ailments such as Arthritic related problems, Musculoskeletal problems, back pain, circulation and sinus related problems. Available from 5 days onwards, this programme also suits the needs of those who do not wish to undergo the preparatory procedures for intense Ayurveda Detox & Panchakarma programme – such as 'Snehapana' (ingestion of medicated ghee) followed by 'Virechana' (purging procedure).

Ayurvedic treatments undergone in this programme would include Shirodhara – continuous pouring of warm medicated oil or water on the forehead, Kizhyi massage – massaging the body with pouches filled with medicated herbs or cooked rice and medical oils, Dharas – continuous pouring of medicated warm oil or water over the full body and Basti – medicated enemas.



All Inclusive Rates in INR
Valid till 31st October 2021

5 days onwards	Rate per day One Treatment per person	Rate per day Two Treatments per person
Single	17,500	19,500
Double	19,500	23,500

- Note:**
- Can be extended on a pro rata basis.
 - All rates are inclusive of taxes, consultations, treatments, massages, oils, herbs, yoga, meditation, accommodation and meals during your stay.
 - Not inclusive of transfers



INCLUSIONS

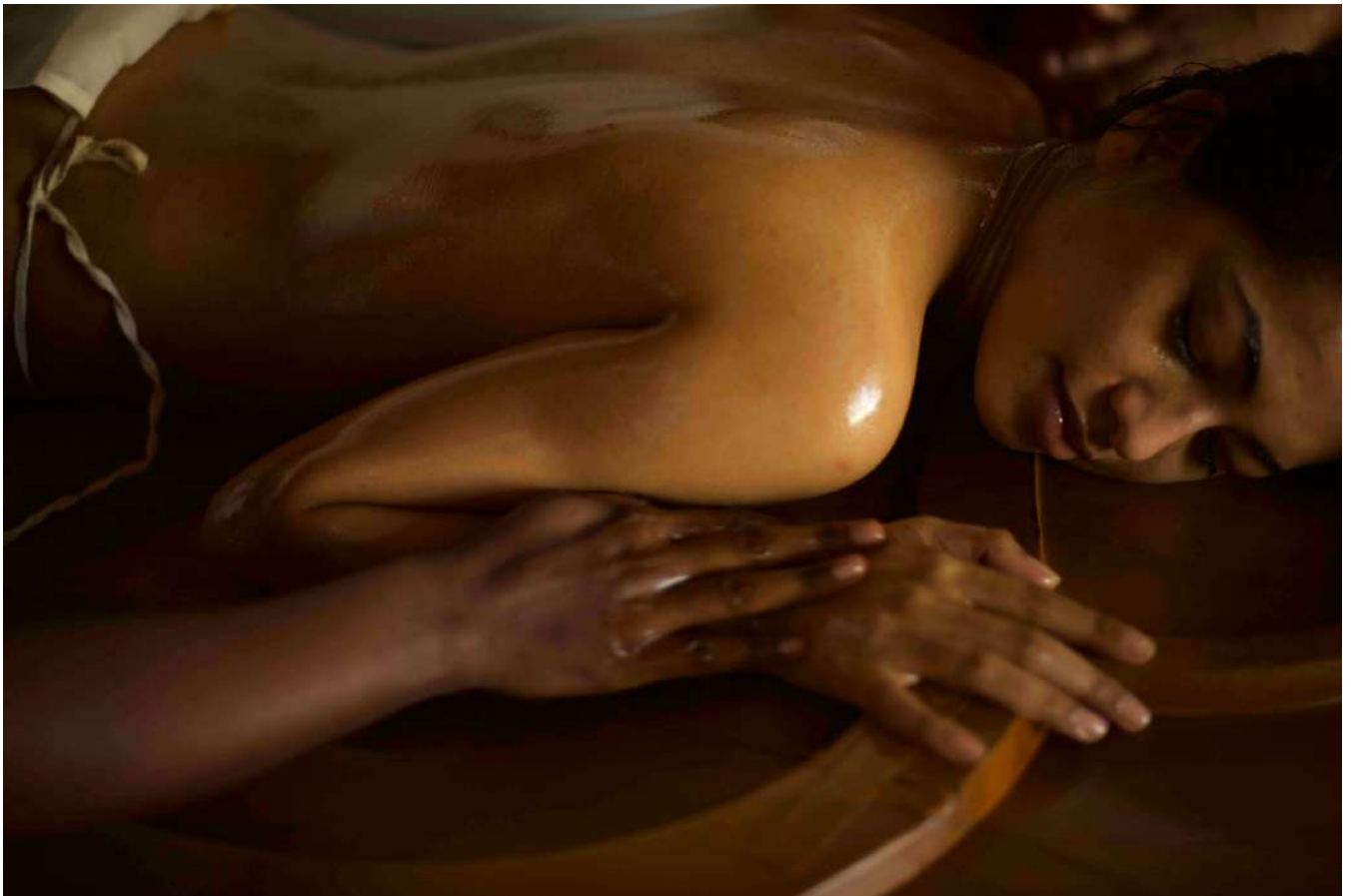
AYURVEDA

Doctor's consultation – All Ayurvedic therapies start and end with a consultation with the doctor.

Therapeutic massages – This recalibrating programme focuses on traditional Ayurveda Detox & cleanse therapies. Being curative in nature, the treatments are based on the doctor's diagnosis. He will determine the type, duration, and schedule of each treatment.

This programme does not include the Purvakarma procedures for Panchakarma i.e: the ghee detox (Snehapana) followed by the purging procedure (Virechana).

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



YOGA AND MEDITATION

Consultation with yoga instructor – One detailed consultation on arrival.

Yoga sessions – Group sessions for Yoga Asanas, Pranayama, Yoga Nidra and meditation are offered through the day at SwaSwara. Being on an intense Ayurveda programme it is necessary that the guests consult with their Ayurveda doctor prior to joining any of the Yoga Asana sessions.

Private yoga sessions of one hour duration on a one-to-one basis, available at resort at an extra cost – subject to the Ayurveda doctor's approval.



30 minutes	Morning meditation
60 minutes	Morning Yoga Asanas including Pranayama; parallel group sessions for beginners and advanced practitioners
30 minutes	A special focus session every day
60 minutes	Evening Yoga Asanas group session for intermediate level
30 minutes	Evening meditation such as Chanting / Yoga Nidra / Trataka / Mind-Sound-Resonance Technique

DIET

This programme includes all meals and the diet will be pure vegetarian. Based on the Ayurveda doctor's analysis of a guest's Prakruti / body constitution, each guest will be prescribed a pure Satvic, Dosha-specific diet, which will have to be strictly followed.





ACCOMMODATION

Accommodation in rustic Konkan villas that are cradled 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. For guests on this intense Ayurveda programme, all physical activities will be subject to the Ayurveda doctor's advice.



Scheduled Activities	Frequency
Interactive cooking classes	Four times a week
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

**Being an Ayurveda focused programme, all physical activities are subject to the doctor's approval.



DISTANCE

- The distance between Goa's Dabolim airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The price does not include pick up and drop from Goa airport.

CHECK - IN & CHECK - OUT

- Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night charge will be levied.
- Check-out 11.00 am - Late check-out is 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.

BOOKING AND CANCELLATION POLICY

- For booking confirmation, full advance payment must be received before the cut-off date mentioned by the Central Reservation System.
- Full refund if cancellation is made before 24 hours prior to arrival.
- No refund if cancelled less than 24 hours prior to arrival. Full amount will be retained for a future booking at Swaswara.

CHILD POLICY

- In order to preserve the tranquility of this unique Indian Spa, we welcome children above the age of 18 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.



BEGIN
YOUR
SOULFUL
HOLIDAY

