

AYURVEDA REJUVENATION




SwaSvara
a cgh earth experience



AYURVEDA REJUVENATION

DURATION: 5 - 12 DAYS

Goal: 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. SwaSvara'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.

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). 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.

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.

INCLUSIONS

AYURVEDA

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

Therapeutic treatment – 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.

Being an intensive curative program swimming in pool or sea is not permitted.



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 min	06:30 - 07:00	Pranayama
45 min	07:15 - 08:00	Yoga session
30 min	12:15 - 12:45 15:15 - 15:45	Yoga Nidra, a special focus session
60 min	17:00 - 18:00	Yoga session
30 min	18:15 - 18:45	Meditation session

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 Konkani 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 airconditioned, 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

SwaSwara 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.



Nature Trails & Bird Watching

What better way to start your day than with a sighting of Hornbills or the White bellied Sea Eagle that nests in our property! With a protected patch of forest and the rainwater lakes, SwaSwara plays host to a wide variety of migratory and resident birds, with occasional visits from endangered species too. Experience all this and more on a bird watching walk.

Visit the Temple Town of Gokarna

Meander around and find yourself back in time at Gokarna's 2 streets amid the sacred cows; visit its famous Shiva temple; or tour the inland temples and forts.



Interactive Cooking of Ayurvedic Dosha Cuisine

Every day, our chefs offer interactive classes for healthy cooking. Guests join our chefs to learn how to cook healthy, tasty food and improve consumption habits. They give you recipes to try at home (with almost no oil, refined sugar or flour) with healthy alternatives you can find in your city.

Art Studio

Healing with art and pottery is an experience our guests look forward to. Expressing oneself through art is an activity we have enjoyed as children. At SwaSwara you get back in touch with that forgotten child within you. To break the ice, our artist-in-residence interacts with you throughout besides introducing you to a wide range of creative activities. Guided sessions for art and clay modelling with our resident artist are available everyday. This interaction with art will unleash your imagination and bring you closer to self-discovery.

Boat Ride

Subject to Ayurveda Doctor's advise you can contact our front desk for Boat Rides to Mirjan Fort, Long Beach and Tadadi Harbour. A very interesting cruise to the historic Mirjan Fort, takes you through the sea up the Aganashini river. A tuk tuk ride will get you from the boat jetty to the fort. Return by boat to OM Beach. Cruise by the pristine long beach where you can explore a relatively un touristy beach and fishermen's village and a typical Konkan style temple. Cruise to the busy fishing harbour to experience the local flavor of a bustling fish market. Return by Tuk Tuk.

Library

A circular, well lit space that is open all day and has an eclectic collection of books. The library can be air-conditioned if you wish.





DISTANCE

- The distance between Goa's Dabolim airport and SwaSwara is 170 km - a drive of approximately 3.5 to 4 hours. The distance between Mopa Airport and SwaSwara is 200 km - a drive of approximately 4.5 to 5 hours.

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.

CHILD POLICY

- We welcome children above the age of 15 years only. The Ayurveda doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.
- Use of the Indian Spa facilities and therapies are open only to guests who are of the age of 18 years and above.

SAFETY & HYGIENE

- SwaSwara follows the highest safety & hygiene standards.





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SWASWARA

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A PILGRIMAGE TO THE SELF



SwaSwara, CGH Earth



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