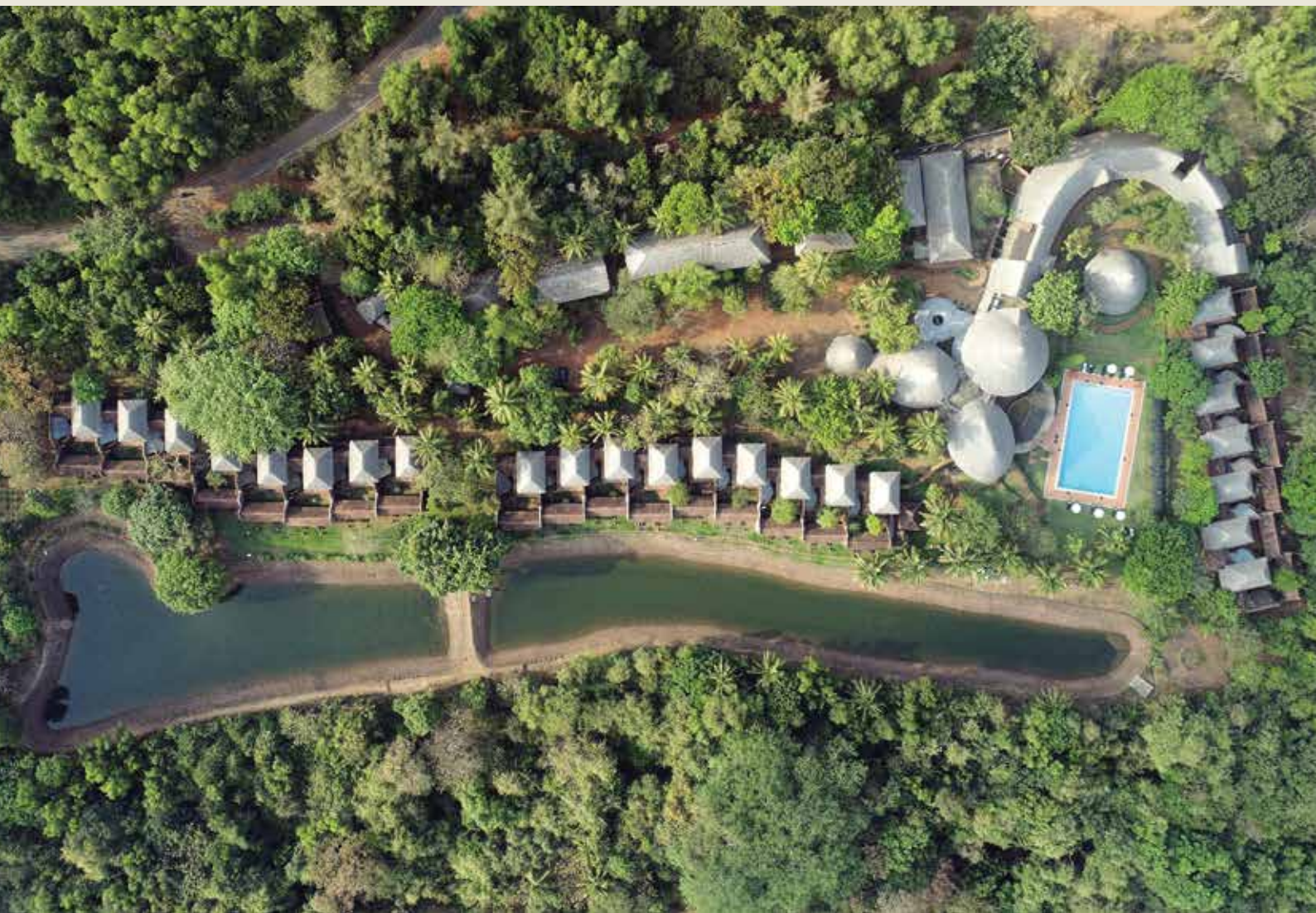


# SPIRIT OF LIFE

SWASWARA'S RETREAT BY THE SEA



  
Swaswara  
a cgh earth experience





# SPIRIT OF LIFE

SwaSwara on Om Beach is a sanctuary for your soul. A haven away from the hassles of every day and the stifling energy of city life. Feel rejuvenated from the inside out, in body and mind, as you immerse in the welcoming embrace of nature. Surrounded by vast open spaces, lush foliage, sounds of crashing waves, singing birds, a beautiful view of the sea and cascading hilltops, the wonders never cease here. Face the changing world anew as you leave here with memorable experiences of tranquility and transformation.

Crafted in hues of the Earth, the villas here are made using local materials like laterite stone and coconut thatch roofs. In harmony with the land that nurtures them, your personal living spaces connect to the outdoors while offering every modern comfort. Each villa boasts a central open courtyard garden planted with medicinal herbs.

Savour wholesome, delicious meals cooked with hand-picked fresh produce from SwaSwara's own farm and neighbouring ones. The nutrient-rich menu includes freshly caught seafood. So, leave the chaos and burdens of daily life behind, and embrace an extraordinary getaway at SwaSwara, the perfect nature retreat, for a personalised reset.



## ACCOMMODATION

24 large rustic Konkan Villas with an open-to-the-elements aesthetic, an inner courtyard and partially open-air bathrooms. Only the bedrooms are enclosed and air conditioned, while the rest of the villa puts you in direct touch with nature. The yoga deck on the second level offers spectacular views of the forest, while serving as a perfect spot to just revel in being.



## CUISINE

The fresh culinary offerings at SwaSwara are seasonal, wholesome, and local. Each recipe is crafted with ingredients sourced from our own organic farm and the local farmers' market. SwaSwara's wellness cuisine – to cleanse your body and nourish your soul – offers an array of flavours and blend of native spices, cooked just right and made to retain all the rich nutrients and freshness. Our chefs prepare a special 'Table d' Hote' menu daily, which features the freshest seasonal produce, including the catch of the day. It is a dining experience like no other.

We offer a selection of wines at extra cost.







## ACTIVITIES

### **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. You could also hike across Om Beach, up the cliffs through the scrub jungle and acacia plantation to Halfmoon beach and trek back uphill along a mud road to the resort.





### **Interactive Cooking of Healthy 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 selfdiscovery.

### **Boat Ride**

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 fishermans 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.

### **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.

### **Library**

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

### **Swimming Pool**

Our large oxidised swimming pool is always holding out a welcome to you to jump in and swim. Depending on the programme you are on, the doctor will advise on the use of the swimming pool.



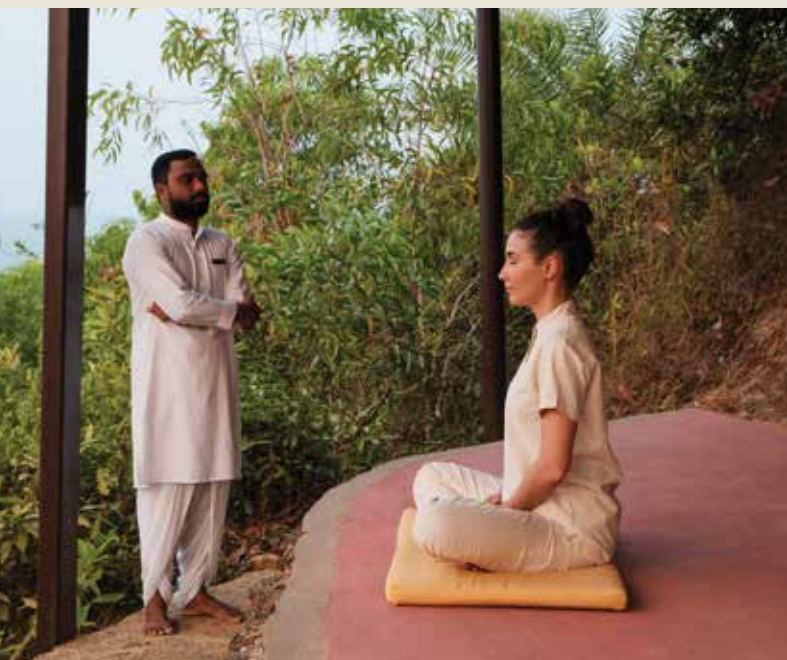
# WELLBEING

**Yoga and Meditation Sessions:** A daily schedule of Yoga Asanas, Pranayama, Yoga Nidra and various guided meditation sessions is offered. Guests are encouraged to participate in these daily sessions at their convenience.

- Sanitised yoga mats are provided at the Yoga and Meditation venues.
- Please feel free to carry your own mats if it makes you more comfortable. You can also buy yoga mats at SwaSwara.
- We'd like to ask all guests to carry their own yoga wear, towels and accessories.

**Advisory:** Yoga Kriyas such as JAL NETI & LAGHUSHANKA PRAKSHALAN are available on prior booking. Being Yogic cleansing therapies these would be available only for stays of a minimum of 3 nights duration & will depend on the Yoga instructor's advice.

**Safety & Hygiene:** SwaSwara follows the highest safety & hygiene standards.



## Session Schedule

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

## Art Therapy

Meditative art under the guidance of our resident artist.

Daily at 12:00 pm except on Sundays.



## ADDITIONAL SERVICES

(Available at extra cost)

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

**Note: Rates as applicable**

- **Ayurveda Consultation with the Doctor:** A one-hour detailed consultation with the Ayurveda doctor that includes your Prakruthi Analysis, a diet chart and guidance for immunity boosting and general well-being. Booking with prior appointment at SwaSwara, and as per the doctor's availability.

**₹1500 per person**

- **One-day Cleanse:** Based on classic Ayurveda principles, this is a cleansing procedure with herbal decoctions/medicines to purge your digestive system of toxins. This is supplemented by a personalised liquid diet that will be drawn up by our Ayurveda doctor based on the health of the guest.

**Note: Subject to a minimum stay of 5 nights.**

**₹1,500 per person**



### 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.

### You are in good hands

We have put in place stringent safety measures, preventive actions and enhanced health guidelines, so you can enjoy your holiday hassle-free, safely. Come get some much-needed travel therapy as you enjoy unique transformational experiences that bring you joy.

**See you soon!**





cghearth  
experience wellness

# SWASWARA

A PILGRIMAGE TO THE SELF



SwaSvara, CGH Earth



cghearthswasvara