

# RELAX, RENEW & DE-STRESS WITH AYURVEDA



  
**Swaswara**  
a cgh earth experience



## RELAX, RENEW & DE-STRESS WITH AYURVEDA

DURATION: 14 DAYS ONWARDS

**Goal:** In today's fast-paced world, stress and tension can creep in, affecting our overall well-being. We often lose touch with what truly matters, and our inner balance suffers. But what if you could rediscover your natural harmony and unlock a deeper sense of happiness?

Ayurveda, the ancient science of life, offers a profound solution. By understanding our unique constitution and reconnecting with nature, we can regain balance and clarity. Our "De-stress" program, rooted in Ayurvedic principles, provides a serene sanctuary for self-discovery. Over 14 days, gentle cleansing and expert guidance empower you to prioritize, listen to your inner voice, and unlock your full potential. At SwaSwara, nature's beauty and Ayurvedic wisdom converge, nurturing a deeper connection with yourself and the world around you.

Your journey begins with a personalized consultation with our expert Ayurveda doctors, uncovering your unique Dosha and Prakruti. This insight guides a customized vegetarian diet and tailored wellness plan, aligned with ancient Ayurvedic principles. Our carefully crafted program includes targeted body therapies designed to alleviate tension and promote relaxation - from Relaxation Massage to Rejuvenation Massage, and specialized treatments like Back to Feet De-Stress Massage and Head to Back De-Stress Massage. Next, experience profound relaxation with our expertly administered therapies - Shirodhara, Takradhara, Kashayadhara, Ksheeradhara, Taila Dhara, Thalapothechil, Shastika Shali Pinda Sweda and Pichu. Throughout your stay, customized de-stressing medications, supplements, and gentle cleansing practices harmonize your inner world. Our supportive team ensures a structured yet serene environment, empowering you to embrace a healthier lifestyle. Return to your world, renewed, revitalized, and radiant – with the essence of Ayurveda forever woven into your being.

# INCLUSIONS

## AYURVEDA & HOLISTIC THERAPIES

**Ayurveda** - Personalized Ayurveda Consultation with our doctor who will tailor a customized plan to address your unique health goals and needs.

**Holistic Therapies** - Transformative body therapies and specialized massages alleviate tension and promote relaxation in our carefully designed program. Expertly administered Ayurvedic treatments, including Shirodhara, Takradhara, Kashayadhara Ksheeradhara, Taila Dhara, Thalapothichil, Shastika Shali Pinda Sweda and Pichu, further enhance your journey to serenity. Customized de-stressing protocols, supplements, and gentle cleansing practices ensure a profound sense of balance and tranquility.

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



# YOGA AND MEDITATION

Experience daily yoga, pranayama, and meditation sessions, tailored to our inhouse schedule, to harmonize body and mind and foster overall well-being. Additionally, individual therapeutic yoga sessions may be prescribed based on specific patient needs, ensuring targeted support for optimal healing.



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

A purely vegetarian diet to balance your body and mind is precisely planned based on the Ayurveda doctor's expert analysis of your Dosha. Strict adherence to this tailored Satvic meal plan ensures optimal wellness benefits.





## 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. All physical activities will be subject to the 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.

### **Interactive Cooking**

Experience the healing power of Ayurvedic cooking in our daily interactive classes. Our passionate chefs guide you in preparing Sattvik cuisine aligned with your Dosha, using minimal processing and natural ingredients. Take home personalized recipes, expert tips, and sustainable eating habits to embark on a transformative wellness journey.

### **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 the Doctor's advice 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 untouristy 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.

*Note: This activity is available at extra cost. Please inquire at the front desk for bookings.*

### **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 bright and airy circular space, open throughout the day. Browse our eclectic collection of books in a tranquil atmosphere, with the option of air conditioning for added comfort.





#### **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's 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 warmly welcome guests aged 18 years and above.
- Our Indian Spa facilities and therapies are exclusively available to individuals 18 years and older,

#### **SAFETY & HYGIENE**

- SwaSwara follows the highest safety & hygiene standards.





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SWASWARA



A PILGRIMAGE TO THE SELF



SwaSwara, CGH Earth



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