



SWA WELLBEING




Swaswara
a cgh earth experience



SWA WELLBEING

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. It is about learning to rejuvenate the SwaSvara way: to balance your life, relax, release, and slow down, to be able to hear and listen to your "Swara", or inner song. A comprehensive programme which begins with an introduction to Yogic Kriyas, Asanas, Yoga Nidra, meditation and Pranayama, relaxing Ayurveda massages, rejuvenating and refreshing Naturopathy massages, special focus yoga sessions, and guided art and pottery sessions. This programme includes consultations with Ayurveda and Naturopathy doctors, yoga sessions and lifestyle guidance by our experienced Ayurveda, Yoga & Naturopathy team. Supplemented by a healthy cuisine, with a choice of fresh organic vegetarian food and seafood.

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

INCLUSIONS

AYURVEDA & NATUROPATHY

Doctor's consultation - Prior to the start of any Ayurvedic / Naturopathic therapy there will be a brief consultation with the Ayurveda & Naturopathy doctors. Please note that consultation with our doctor is essential before your treatment.

Therapeutic massages - All patients are gently guided and supported through each aspect of the treatment they will undergo. All full body massages involve two therapists using asymmetrical strokes on either side of the body.



Treatment Inclusions for the Swa Programme

		3	4	5	6	7	10	14	21
Duration of stay		3	4	5	6	7	10	14	21
Total Number of Treatments		2	3	3	3	4	6	9	12
	Duration								
Ayurveda Relaxation	45 mins + 15 mins shower	1	1	1	1	1	1	1	1
Naturopathy Relaxation	60 mins	1	1	1	1	1	1	1	1
Ayurveda Rejuvenation	45 mins + 15 mins shower						1	1	1
Naturopathy Rejuvenation	50 mins + 15 mins steam + 15 mins shower							1	1
Naturopathy Eliminative Massage	50 mins + 15 mins steam + 15 mins shower				1	1	1	1	2
Ayurveda Abhyanga Sweda	30 mins + 15 mins steam + 15 mins shower							1	1
Ayurveda head to back / Back to Feet Destress Massage	45 mins + 15 mins shower		1	1		1	1	2	2
Ayurveda Padabhyanga (Foot Therapy)	45 mins							1	1
Naturopathy Foot Reflexology	30 mins						1		1
Natural skin care - Facial	20 mins								1
Private Yoga session (per room)	60 mins					1	1	2	2

Note: 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

Consultation with yoga instructor – On arrival the guests get a detailed consultation.

Yoga sessions – Group sessions for Yoga Asanas, Pranayama, Yoga Nidra and meditation are offered throughout the day at SwaSwara.

Private yoga sessions of one hour duration on a one-to-one basis, available at resort at an extra cost.

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 5 nights duration & will depend on the Yoga instructor's advice.



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

CUISINE

At SwaSwara, we prioritise wholesome, organic dining. Our menu features dishes crafted with ingredients sourced directly from our organic farm and local villages, ensuring freshness and minimizing our environmental impact. We abstain from refined flour and red meat, focusing on a menu rich in fresh vegetables, fruits, and sustainably sourced seafood.

For those participating in the Swa Wellbeing program, a variety of Indian and foreign wines are available at an extra cost to complement their dining experience.





ACCOMMODATION

Accommodation offered is 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 serves as a perfect spot to just revel in being.

ACTIVITIES

SwaSvara offers multiple well-being and nature-based activities.



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 Half-moon 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 your inner self.

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 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 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 air-conditioned if you wish.

Swimming Pool

Our large oxidised swimming pool is always holding out a welcome to you to jump in and swim.

Nature Walks

Explore the wonders of nature that surround us here at SwaSwara. As you stroll through the forests and across the beaches, you'll find yourself immersed in the natural beauty of the surroundings.





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 distance between Mopa Airport and Swaswara is 200 km - a drive of approximately 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 are required to guarantee the use of the room after 11.00 am. F&B and Ayurveda services after check-out time will be chargeable.

AVAILABLE AT SWASWARA AT ADDITIONAL COST

- Private yoga classes of a duration of one hour on a one-to-one basis. Yoga wear can also be purchased.
- 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 POLICY

- To book a holiday program, 50% advance payment must be received 60 days prior to the arrival date or before the cut of date mentioned by the central reservation system.
- For booking confirmation, 100% advance payment must be received 30 days prior to arrival or before the cut-off date mentioned by the central reservation system.
- 50% refund if cancelled 15 days before the arrival date except between 21 December 2025 - 10 January 2026 wherein it will be 21 days prior to date of arrival.
- No refund if cancelled less than 14 days before the arrival date, except between 21 December 2025 - 10 January 2026 wherein it will be less than 20 days prior to date of arrival.

CHILD POLICY

- We welcome children above the age of 15 years only. The Ayurveda / Naturopathy doctor's advice is necessary in the case of medical treatments for children aged between 15 to 18 years.
- Use of the Ayurveda Wellness Center facilities and therapies are open only to guests who are of the age of 18 years and above.
- All in-house activities can be availed by children over 15 yrs

SAFETY & HYGIENE

- SwaSwara follows the highest safety & hygiene standards.



cghearth
experience wellness

SWASWARA
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A PILGRIMAGE TO THE SELF



SwaSwara, CGH Earth



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