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# AYURVEDA REJUVENATION



 *India and Beyond*  
because we know India



## AYURVEDA REJUVENATION

DURATION: 7 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 7 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' (purgating procedure).

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

All Inclusive Rates in INR		
Valid from 1 <sup>st</sup> January 2019 to 31 <sup>st</sup> December 2019		
Published Rates		
	Single Occupancy	Double Occupancy
7 days	Rs. 1,94,110	Rs. 3,29,700
10 days	Rs. 2,77,000	Rs. 4,71,000
Can be extended on a pro rata basis		

**Note:** All rates are inclusive of taxes, consultations, treatments, massages, oils, herbs, yoga, meditation, accommodation and meals during your stay. The price includes pick up and drop from Goa airport.

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## INCLUSIONS

### AYURVEDA

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

**Therapeutic massages** – is 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; and up to 2 treatments are given each day. e number of treatments on check in and check out days may vary depending on the time available.

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

**Note:**ere 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.

**Yoga wear** - We provide cotton yoga wear to use during your stay with us.

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30 min	Morning meditation
60 min	Morning Yoga Asanas including Pranayama; parallel group sessions for beginners and advanced practitioners
30 min	A special focus session every day
30 min	Jal Neti: is cleansing Yogic kriya which is of a duration of 30 minutes is oered twice a week - Tuesdays & Fridays.
60 min	Evening Yoga Asanas group session for intermediate level
30 min	Evening meditation such as Chanting / Yoga Nidra / Trataka / Mind-Sound-Resonance Technique

## DIET

is 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 spacious Konkan villas that boast an open inner courtyard and partially open-to-sky bathrooms. To make the most of the beautiful natural surroundings, only the bedrooms are enclosed and air-conditioned; the rest of the villa opens out to nature.

## 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
*Boat cruise; combined with a guided walking excursion from Town Beach to explore Gokarna village & temples	*One temple town excursion and one boat cruise on completion of treatments in the programme
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

\*Boat cruise subject to weather conditions & is not available during monsoons.

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

## 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 price includes pick up and drop from Goa airport.

## CHECK-IN & CHECK-OUT TIMINGS

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

50% advance payment must be received 60 days prior (or before the cut-off date mentioned for reservation) for booking confirmation, and the balance payment may be made any time before your arrival at SwaSwara.

- Full refund if cancelled 30 days in advance.
- 50% refund if cancelled 21 days in advance.
- No refund if cancelled less than 20 days in advance.

## CHILD POLICY

In order to preserve the tranquility of this unique Indian Spa, we welcome children above the age of 15 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.



[www.indiaandbeyond.com.au](http://www.indiaandbeyond.com.au)

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