

# PRANA FOR AYURVEDA REJUVENATION AT SWASWARA

Ayurveda is an ancient Indian philosophy that focuses on healing the body by rebalancing the three body humors - vata, kapha and pitta. In the Prana program, we aim to restore and maintain this balance, supplemented by daily yoga and meditation. It's ideal for those looking to de-stress or seeking relief from specific ailments such as arthritis-related problems, musculoskeletal problems, back pain, circulation and sinus issues. Ayurvedic treatments in this programme would include shirodhara, kizhi, dhara and abhyanga.

## AYURVEDA REJUVENATION

SwaSvara's ayurvedic packages are available for different durations of stay, each one designed to restore the vitality of the body. They include stimulating and purifying therapies, daily guided group yoga and meditation sessions and a dosha-specific diet – combined, they help reduce stress, improve health while addressing common ailments, as well as delay the aging process.

### Our programs include:

\* 10-day Ayurveda Rejuvenation & Revitalization Program

For de-stressing and revitalization, an introduction to healthy food habits and active lifestyle based on the principles of Ayurveda is essential. The diet will be dosha-specific as per Ayurveda tenets, taking into account an individual's parameters, and may even include fish.

\* 14-day Ayurveda Curative Program

For deep therapeutic healing and relief from specific medical and health conditions, this program has a minimum 14 nights stay, which can be extended up to 21 days. Being a curative program the diet will be dosha-specific as per Ayurveda tenets and is strictly pure vegetarian.

\* 21-day Ayurveda Panchakarma Program

For deep detox, cleanse and all-round healing, this program has a minimum 21 nights stay. In this program, accumulated toxins are eliminated using traditional Panchakarma procedures like the Ghee Detox followed by Virechana, the duration of which varies from individual to individual and can range between 7–10 days.

As Panchakarma procedures are very personalized, the treatment schedule and diet for this program can be finalized only on arrival and after detailed consultations with the Ayurveda doctors whose decision note will be final.

Being an intense detox and cleansing curative program, the diet will be dosha-specific as per Ayurveda tenets, and is strictly pure vegetarian.

## PRANA AYURVEDA REJUVENATION INCLUSIONS

- Accommodation in spacious Konkani villas that boast an open inner courtyard and partially open to the sky bathrooms. To make the most of the beautiful natural surroundings, only the bedrooms are enclosed for air-conditioning, while the rest of the villa opens out to nature.
- Daily individual consultation with the Ayurveda doctor.
- A dosha (body constitution) specific diet for all meals as prescribed by the Ayurveda doctor is included in the program.
- Morning Wake-up signature herbal teas and fresh fruits served at Cocum restaurant between 6am - 7am. This will be subject to the doctor's prescriptions.
- Daily use of the large swimming pool. This will be subject to doctor's advice.

### \*\* NOTE :

For the Prana Ayurveda Panchakarma program which has a minimum 21 nights stay, the inclusions can be finalized only on arrival after a detailed consultation with the doctors.

## SPA PROGRAM

Includes	Minutes	8 days	10 days	21 days (Without any Panchakarma procedures)
A daily consultation with the Ayurveda doctors pre & post treatment				
A dosha/prakruti analysis and diet advisory				
Relaxation Massage	60	1 session	1 session	1 session
Rejuvenation Massage	60	1 session	1 session	2 session
Dhanyamladhara (Pouring of medicated fermented warm water all over the body)/Udwarthana (Powdered herbal full body massage)	60	2 session	3 session	3 session
Patra Pinda sweda (Herbal leaves pouch massage) / Churna Pinda sweda (Herbal powder pouch massage)	60	3 session	3 session	3 session
Kashayadhara/Tailadhara/Ksheeradhara	60		3 session	3 session
Shirodhara/Takradhara	60	3 session	3 session	3 session
Hrid basti/ Chakra basthi/ Kati basti/ Greeva basti/ Janu basti	45			3 session
Shasthika Shali Pinda Sweda	60			3 session
Diet and lifestyle advice with our Ayurveda doctors prior to departure	30	1 session	1 session	1 session

NOTE: All Ayurveda treatments are chosen to suit the medical needs and physical condition of the guest, therefore there could be changes in the treatments listed above as well as in the number of sessions per treatment. The final decision to make any changes in the treatments rests solely with the doctors.

## DAILY GROUP YOGA & MEDITATION AT SWASWARA

Activity	Minutes
Morning meditation	30
Morning yoga asanas, group parallel sessions for Level I & II	60
Yoga Nidra/Pranayama/Laughter yoga	30
Evening yoga asanas group session for intermediate level	60
Evening meditation	30

## SCHEDULED ACTIVITIES AT SWASWARA

Activity	Frequency
Interactive cooking classes	11.30 am
Boat cruise *Remains subject to weather conditions & is not available during Monsoons. This cruise is combined with a guided walking excursion from the town beach to explore Gokarna village & temples.	Once during your stay Weekly *On Thursdays this trip includes a visit to the weekly farmers' market too.
Guided Nature walks	Daily morning & evening at 0600 hrs & 1600hrs - prior booking required
Birdwatching with a guide	Weekly, on Wednesday
Guided sessions for art and pottery with our resident artist	Daily, excluding Sundays
Meditative art with our resident artist	12 noon on weekdays only

## PRANA FOR AYURVEDA REJUVENATION - RATES IN INR

The rate includes accommodation in a luxurious Konkani villa with a private courtyard garden, all meals, doctor's consultations, curative Ayurveda therapies, group yoga and meditation sessions, art & pottery studio, interactive cooking and nature related activities.

Validity	Single Occupancy	Double Occupancy
01st Nov 2016 to 30th Apr 2017	Rate in INR	Rate in INR
10 nights on AP Rejuvenation	2,64,000	4,09,500
14 nights / full board Curative Program	3,71,250	5,75,250
21 nights / full board Curative Program	5,41,875	8,37,750
21 nights / full board Curative Program with Panchakarma	5,41,875	8,37,750

Validity	Single Occupancy	Double Occupancy
01st May 2017 to 31st Oct 2017	Published Rate	Published Rate
10 nights on AP Rejuvenation	Rs. 1,98,000	Rs. 3,07,125
14 nights Curative	Rs. 2,78,435	Rs. 4,31,435
21 nights Curative	Rs. 4,06,405	Rs. 6,28,310
21 nights Panchakarma	Rs. 4,06,405	Rs. 6,28,310

## GOA AIRPORT TRANSFER CHARGE : RS. 6500 (ONE WAY)

### AVAILABLE AT SWASWARA AT ADDITIONAL COST.

- Being a regimented program, Prana guests can opt to purchase, at extra cost, only the Ayurveda beauty therapies available on the a la carte menu.
- Private one hour yoga.
- Fruits, juices and tender coconut water outside of the prescribed diet are subject to Ayurveda doctor's approval.
- Additional boat cruises to explore the nearby beaches or Mirjan Fort without staff escort.

### TRAVEL SERVICES

SwaSvara offers a seamless travel experience, right from the moment you first land in India, till your journey back home.

### AIRPORT TRANSFER

To and fro exclusive transfers from Goa airport in an air-conditioned car will be arranged on prior request at an additional cost.

Please note – The time taken to travel between SwaSvara and Goa airport is approximately 3 ½ hours on the highway with a high number of truck movement in the late hours. Safety concerns for you and our drivers dictate that we do not arrange or undertake any late night transfers. Our last transfer out of SwaSvara will be at 6 pm and the first transfer from Goa will start at 6 am.

### OUR RECOMMENDATIONS FOR A LATE NIGHT FLIGHT DEPARTURE AND ARRIVAL

#### Departure

If you are departing on a late night flight, we recommend that you check out from SwaSvara at 11 am or earlier, check in to our luxury partner hotel in Goa, explore a bit of Goa, and arrive comfortably for your flight in the late hours of the night.

You could also opt to take the last transfer out of SwaSvara at 6 pm and go directly to the airport. However, Goa airport offers limited facilities, hence, we recommend that you check-in to the hotel in Goa before your scheduled departure time.

#### Arrival

If you arrive by a late night flight, we recommend that you check-in to any of our luxury partner hotels in Goa for the night. You will be received by the hotel representative and taken to the hotel booked in Goa. SwaSvara's pick up will be arranged from the hotel around 9 am to arrive at SwaSvara for the check-in at 1 pm. We could also arrange for a taxi transfer at 6 am but please note, for an early check-in prior to 11 am, 100% of the previous night charge will be levied.

#### Accommodation in Goa

Stay in our luxury partner hotels in Goa if you would like to experience the history and culture of Goa, or for a quick overnight or day transit. Whether on your way to SwaSvara or on your return, we can arrange suitable accommodation in Goa at special rates exclusive to SwaSvara guests.

\*Please note that the selection of partner hotels are subject to availability.

### TERMS & CONDITIONS

- Inclusive of all current Government Taxes. Any revision in taxes will be levied as per the charges prevailing during the time of the stay.
- Check-in time is 1pm and Check-out time is 11am.
- Early check-in charges: To guarantee a room any time prior to 11 am, 100% of the 1st night charge will be levied.
- Late check-out – Late check out is subject to availability.
- We are located a good 3 ½ hours away from Goa airport and safety concerns for our guests and drivers dictate that we do not provide late night transfers from the resort to Goa. Therefore, the latest departure transfer arranged for by us will be 6 pm and the first arrival transfer from Goa starts at 6 am.
- 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 18 years and older. 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.

### MODE OF PAYMENT

All confirmations are subject to receipt of a credit card authorization form/ wire transfer/ travel company voucher.

To secure your booking a 50% advance deposit to be made using your Credit card online. The balance in full can be settled on arrival directly at the resort.

### CANCELLATION POLICY

The Payment must be received before the cutoff date mentioned for reservation, failing which reservation will be cancelled.

Cancellation of a reservation received between 15 days to 07 days prior to arrival date will incur a cancellation charge of 50% of the whole package.

Cancellation of a reservation received less than 07 days to the check in date will incur a cancellation charge for the entire length of the stay (Amount paid as advance will not be refunded)

### FOR ENQUIRIES AND BOOKINGS, PLEASE CONTACT OUR RESERVATION OFFICE

Central Reservations, CGH Earth, Casino Building,

Willingdon Island, Cochin 682003, Kerala, India.

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