

SWA WELLBEING HOLIDAY AT SWASWARA

'Swa' is SwaSwara's signature program, a wellbeing holiday that is the gateway to the exploration of the self. With a minimum 5-night stay, it is about learning to rejuvenate the SwaSwara way - to balance your life, relax, release and slow down; to be able to hear and listen to your inner 'swara'

It is a comprehensive program which begins with an introduction to yogic kriyas, asanas, yoga nidra, meditations and pranayama, relaxing abhyanga Ayurveda massages and special focus yoga sessions using art and music. The program includes consultations with our Ayurveda and Naturopathy doctors, private Yoga sessions and counseling by our experienced Yoga team.

'Swa' focuses primarily on assisting you to experience and implement various mind and body techniques based on the concepts and philosophies of Yoga, Meditation, Pranayama, Naturopathy and Ayurveda to create positive changes, reduce and manage stress and enhance the synergy in your life through a balanced approach

SWA WELLBEING HOLIDAY INCLUSIONS

Duration: Available for 5, 7, 10, 14 and 21 night stays

- 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 so they can be air-conditioned, while the rest of the villa opens out to nature.
- Individual Consultation; Ayurvedic / Naturopathic Consultation (a consultation with our Ayurveda or Naturopathy doctor, prior to all body treatments)
- This program includes all meals.
- SwaSwara offers healthy, gourmet cuisine. It includes fresh organic vegetables and fresh fish. Other seafood delicacies are also offered on the menu at additional costs.
- Morning Wake-up signature herbal teas and fresh fruits served at Cocum restaurant between 6-7 am.
- Daily use of the large swimming pool between 8 am to 8 pm.

SPA PROGRAM

Includes	Minutes	Number of sessions				
		5 nights	7 nights	10 nights	14 nights	21 nights
Ayurveda / Naturopathy consultation prior to any treatments		3	4	6	9	12
Relaxation therapeutic massage	60	2	1	1	2	2
Rejuvenation therapeutic massage	60		1	2	2	2
Ayurveda de-stress massage	45	1	1	1	1	1
Cleansing aromatherapy salt scrub	45		1	1	1	1
Salt glow naturopathy massage	60			1	1	1
Reflexology session	60				1	2
Naturopathy deep tissue massage	60				1	2
Padabhyanga (foot therapy)	45					1
Private yoga class (per room)	45		1	1	2	2

** We offer an option to interchange any of the above listed treatments with those featured on our a la carte menu which is available onsite, subject to Doctor's approval. Based on the final choice of treatments availed per person, per day on this program, supplementary costs, if any, will be charged extra as applicable.

DAILY GROUP YOGA & MEDITATION

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

DAILY GROUP YOGA & MEDITATION

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	Every morning & evening at 6 am and 4pm - 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

SWA WELLBEING HOLIDAY - RATES IN INR

The rate includes accommodation in a luxurious Konkani villa with a private courtyard garden, all meals, doctor's consultations, body therapies, group yoga and meditation sessions, art 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
5 Nights	1,23,375	1,66,125
7 Nights	1,38,375	1,96,125
10 Nights	1,94,250	2,74,500
14 Nights	2,68,500	3,78,375
21 Nights	3,91,500	5,50,500

Validity	Single Occupancy	Double Occupancy
01st May 2017 to 31st Oct 2017	Published Rate	Published Rate
5 nights	Rs. 92,530	Rs. 1,24,590
7 nights	Rs. 1,03,780	Rs. 1,47,090
10 nights	Rs. 1,45,685	Rs. 2,05,875
14 nights	Rs. 2,01,375	Rs. 2,83,780
21 nights	Rs. 2,93,625	Rs. 4,12,875

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

AVAILABLE AT SWASWARA AT ADDITIONAL COST.

- An a la carte menu for a wide choice of Ayurveda & Naturopathy body treatments which are subject to availing one treatment a day per person.
- A personalized elimination one day Fresh juice detox to cleanse the body of toxins, supervised by the Naturopathy doctor.
- Private one-hour yoga classes.
- A dosha/prakruti analysis and diet advisory by the Ayurveda doctor.
- Fruits, juices, tender coconut water and snacks ordered out of meal times.
- Boat cruises to explore the nearby beaches or Mirjan Fort without staff escort.
- At SwaSwara we have a bar offering a selection of alcohol. Please note that those on the wellbeing programs are advised by the doctor to not consume alcohol.

TRAVEL SERVICES

SwaSwara 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 SwaSwara and Goa airport is approximately 3 1/2 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 SwaSwara 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 SwaSwara 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 SwaSwara 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. SwaSwara's pick up will be arranged from the hotel around 9 am to arrive at SwaSwara for the check-in at 1 pm. We could also start 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 SwaSwara or on your return, we can arrange suitable accommodation in Goa at special rates exclusive to SwaSwara guests.

** Please note that the selection of 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 1/2 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 ENQUIRIES AND BOOKINGS. PLEASE CONTACT OUR RESERVATION OFFICE

Central Reservations, CGH Earth, Casino Building,

Willington Island, Cochin 682003, Kerala, India.

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