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S W A  
W E L L B E I N G



SwaSwara  
a cgh earth experience



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## SWA WELL BEING

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. This comprehensive programme begins with an introduction to Yogic Kriyas, Asanas, Yoga Nidra, Meditation and Pranayama. It also includes relaxing Abhyanga Ayurveda massages, special focus yoga sessions, guided art & pottery sessions and lifestyle guidance by our experienced Ayurveda and yoga team.

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

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**All Inclusive Rates in INR**  
**Valid From 1st November 2021 to 31st March 2022**

Duration	Single Occupancy		Double Occupancy	
	Per night	Total	Per night	Total
3 nights	25,500	76,500	33,500	1,00,500
5 nights	24,500	1,22,500	32,500	1,62,500
7 nights	23,500	1,64,500	31,500	2,20,500
10 nights	22,500	2,25,000	30,500	3,05,000
14 nights	21,500	3,01,000	29,500	4,13,000
21 nights	20,500	4,30,500	28,500	5,98,500

**Cost Inclusion**

All meals | Ayurveda and yoga consultations | Ayurveda therapies | Yoga sessions | Ayurveda oils and herbs | Activities like interactive cooking, art therapy, etc. | Private villa accommodation | Pick up and drop from Goa airport | All applicable taxes



## INCLUSIONS

### AYURVEDA

**Consultation** – Consultation with our Ayurveda doctor is essential before your treatment.

**Therapeutic massages** – All full body massages involve two therapists using symmetrical strokes on either side of the body, and the patients are guided through each aspect of the treatment. There will be restrictions on treatments that can be availed by female guests who are menstruating.

### AYURVEDA TREATMENTS

Relaxation Therapeutic Massage • Rejuvenation Therapeutic Massage • Salt Glow Massage • Deep Tissue Massage • Cleansing Aromatherapy Salt Glow Scrub • Head to Back or Back to Feet De-stress Therapy • Padabhyanga • Ayurvedic Facial/Hair Therapy/Beauty for Feet or Hands/Nail Care



Programme includes	Number of sessions						
	Duration	3	5	7	10	14	21
	Min	Nights	Nights	Nights	Nights	Nights	Nights
Ayurveda consultation prior to any treatment		2	3	4	6	9	12
Relaxation therapeutic massage	60	1	2	1	1	2	2
Ayurveda de-stress massage	60		1	1	1	2	2
Rejuvenation therapeutic massage	60	1		1	2	2	2
Cleansing aromatherapy salt scrub	60			1	1	1	1
Salt glow massage	60				1	1	2
Deep tissue massage	60					1	2
Padabhyanga (Foot therapy)	60						1
Private yoga class (Per room)							

*Note: 60 minutes of therapy includes 45 minutes of body massage and bathing time. 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 AND MEDITATION

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

**Yoga sessions** – A daily schedule of Yoga Asanas, Pranayama, Yoga Nidra and various guided meditation sessions are offered. Guests are encouraged to participate in these daily sessions as per their convenience. Private yoga sessions of one hour duration on a one-to-one basis, available on site at an extra cost, subject to availability of slots & yoga instructors.

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



30 minutes	Morning meditation
60 minutes	Morning Yoga Asanas including Pranayama; parallel group sessions for beginners and advanced practitioners
30 minutes	A special focus session every day
30 minutes	Jal Neti - Cleansing Yogic Kriya offered on Tuesdays and Fridays
60 minutes	Evening Yoga Asanas group session for intermediate level
30 minutes	Evening meditation such as Chanting / Yoga Nidra / Trataka / Mind-Sound-Resonance Technique

## CUISINE

This programme includes all meals. SwaSwara offers healthy, gourmet cuisine which includes fresh organic vegetables and fresh seafood. Signature herbal teas and fresh fruits are served at Cocum restaurant from 6.00 to 7.00 am.





## 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

SwaSwara offers multiple well-being and nature-based activities to choose from and guests are encouraged to make their own daily schedule.



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	Weekly once
Guided nature walks; prior booking required	Daily morning 6.00 am & evening 4.00 pm
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.

\*\*On Thursdays, this trip includes a visit to the weekly farmers market.

### **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**

- Check-in 01.00 pm - to guarantee a room prior to 11.00 am (Early check-in), 100% of the previous night 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.

### **AVAILABLE AT SWASWARA AT ADDITIONAL COST**

- An à la carte menu of a personal choice (subject to availing one treatment a day per person) for relaxing Ayurveda body treatments.
- Private yoga classes of a duration of one hour on a one-to-one basis.
- 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, the balance payment to be made any time before your arrival at SwaSwara.
- 50% refund if cancelled 15 days before the arrival date. The balance amount will be retained for a future booking valid until 6 months from the cancellation date.
- No refund if cancelled less than 14 days before the arrival date. The full amount will be retained for a future booking valid until 6 months from the cancellation date.

### **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.



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BEGIN  
YOUR  
SOULFUL  
HOLIDAY