

# SWASWARA DE-STRESS RETREAT

SwaSwara De-Stress Retreat is an all-new 3-night stay, tailored for those that need a short, rejuvenating holiday. Integrating the essential elements of Ayurveda, Yogic Kriyas, Asanas, Meditation with a gourmet, organic healthy diet, this program leaves you refreshed with increased energy levels.

## SWASWARA DE-STRESS RETREAT INCLUSIONS

### Duration: 3-night stay

- 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 Well-being Consultation with our Ayurveda doctor, before commencing treatment.
- Breakfast and dinner are included in the program.
- 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 6am- 7am
- Daily use of the large swimming pool 8 am – 8 pm.

## SPA PROGRAM

Includes	Minutes	Number of sessions per person
		3 Nights
Consultation with doctor		2 session
Consultation with a yoga instructor		1 session
Relaxation massage	60	1 session
Ayurveda De-stress massage	45	1 session
Jal Neti / Pranayama (per room)	30	1 session

## 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

## SCHEDULED ACTIVITIES

Activities	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
This cruise is combined with a guided walking excursion from the town beach to explore Gokarna village & temples.	* 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
Bird watching 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

## SWASWARA DE-STRESS PACKAGE RATES IN INR

The rate includes accommodation in a luxury Konkani villa with a private courtyard garden, breakfast and dinner per person, two doctor consultations, Ayurveda 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
3 nights - Inclusive of breakfast and dinner	Rs.68,000/-	Rs.90,000/-
Lunch supplement for 3 nights	3,000	6,000

Validity	Single Occupancy	Double Occupancy
01st May 2017 to 31st Oct 2017	Published Rate	Published Rate
3 nights- inclusive of breakfast & dinner	Rs. 51,000	Rs. 67,500
Lunch Supplement for 3 nights	3,000	6,000

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

### AVAILABLE AT SWASWARA AT ADDITIONAL COST.

- 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, one-day fresh juice detox program 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 outside 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 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 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 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 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 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 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 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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