

SHANTI YOGA AND WELL-BEING RETREAT

This Yoga Wellbeing retreat combines the peace and serenity of SwaSwara and a journey back to nature with the rewilding experience of VanaVasa.

This program is the answer for all those who find themselves in an incessant pattern of office, business, email, traffic, social media and are looking to completely unplug from a lifestyle driven by the demands of modern technology, and instead plug into the rhythm of nature.

At SwaSwara, your stay includes many one-on-one yoga sessions, guided group yoga and meditations, therapeutic massages to relax the body, interactive cooking, art, pottery, escorted nature walks and meditative art sessions guided by our resident artist.

The three-day retreat at VanaVasa is intrinsic to the Shanti program and complements your stay at SwaSwara. It is a retreat from the luxuries of a holiday space like SwaSwara to a simplistic life in the forest - Vana; a retreat to 'rewild' oneself in a beautiful and remote location. These three days are for experiencing mindful living first hand, learning to meditate, teaching yourself to disconnect from the materialistic world and reconnect with nature. All, leading up to a rejuvenated and re-energised you.

'VanaVasa' derived from the Sanskrit word 'VanVas' connotes self-imposed exile, away from the mundane, to the arcane, vibrant wild. In the ancient Indian epics it was perceived as forced exile, where the Pandava princes were banished from the pleasures of the palace to the adversities of the wild. But the epics tell us how the life in the wild invigorated the exiled princes.

However, it is only when VanaVasa is self-imposed that it becomes more enriching which is what you will be doing in the Shanti program. The essence of VanaVasa is being in the open space of silent awareness where there are no rituals, required beliefs, or assigned practices; a healing environment set in acres of beautiful, unspoilt South Indian countryside dotted with small farms and homesteads surrounded by the thickly forested Western Ghats.

While there will always be one of our staff on hand to assist each guest to co-create their own retreat, you are your own mentor and guide. Realise the power of silence, practise meditations which will assist you to recalibrate and refocus better. This is the place to learn and practice Pratyahara which is to pay attention to the 'need' to seek out stimulation as an escape, the urge to drown out conflicts with overstimulation and start to work this need out of your system.

While the restorative benefits of such a holiday are many, this getaway in the wilderness is not for everybody as what it offers are days of solitude and zero interaction with technology. An opportunity to live a life with no schedules or set systems, a unique space where you experience silence, stillness and your true self.

Our yoga retreat also includes yogic detox wherein we use the different Hatha yogic cleansing techniques (shatkriya) to detox the body in a natural and effective manner. As in Ayurveda, in yoga the Shatkriyas are used to balance the three doshas in the body. In this yogic detox program, aspects of asana (specific Hatha yoga postures), pranayama (yogic breathing techniques), and meditation combine with the cleansing shatkriyas to deliver a profound experience of vitalization and physical harmony.

ACCOMMODATION:

At SwaSwara, the accommodation is 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. Other facilities on location are a large swimming pool, an excellent well equipped Ayurveda centre, an exclusive yogashala, plus a special thatched hall used exclusively for meditation and chanting. WiFi connectivity is available only inside the library, besides which we have a couple of computers in our business centre that can be used by guests free of cost.

At VanaVasa, the accommodation is in three independent, spacious, nature-cooled (unelectricified), traditional village style houses, with attached modern toilets. These cottages have a wide thatched roofed verandah on three sides, offering expansive views of the working farm and surrounding forested hills. This unique retreat is located 45 minutes drive away from SwaSwara. There is no WiFi connectivity at VanaVasa and mobiles do not work here making this a place ideal for a digital detox.

SHANTI YOGA- WELL-BEING RETREAT INCLUSIONS

Duration: Available for 8/10 nights

Standard Package Inclusions for Shanti Program

- Accommodation at SwaSwara in our spacious Konkani villas.
- Daily use of the large swimming pool at SwaSwara from 8 am to 8 pm.
- Individual consultations with the Naturopathy or Ayurveda Doctor prior to all body treatments.
- Accommodation at VanaVasa in an independent village-style house

Cuisine :

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. You have the option to follow our normal diet which includes fish or a personalized satvic diet which will be pure vegetarian, with raw food forming a large part of your diet, along with fresh fruit or vegetable juices. Herbal water & yogic teas will be served with all your meals.

** Please note: On the day of your yogic cleansing your diet will be pure vegetarian and strictly as prescribed by the Naturopathy Doctor.

At VanaVasa, your diet will be pure vegetarian and satvic.

- Morning Wake-up signature herbal teas and fresh fruits served between 6 am - 7 am

At SwaSwara - served at the Cocum restaurant and at VanaVasa - served in the common dining space.

SPA PROGRAM

Includes	Minutes	8 Nights	10 Nights
Daily consultation with the Yoga instructor			
Abhyanga for relaxation	60	1 session	1 session
Naturopathy deep tissue massage	60	1 session	1 session
Jal Neti	30	1 session	2 session
Reflexology full body	60		2 session
Aromatherapy salt scrub	45	1 session	1 session
Naturopathy medicated steam bath	15	1 session	2 session
Laghoo Shankha Prakshalana (Yogic intestinal cleansing) guided by Naturopathy doctor	120	1 session	1 session
Personalised yoga session (per person)	60	3 session	5 session
Trataka / Yoga Nidra (per room)	30	1 session	1 session
Pranayama (per person)	30	1 session	1 session

** We offer an option to interchange any of the above listed treatments with those featured on our A la carte menu which is available on site, 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.

** Option to join in for any of the Daily Group Yoga & Meditation sessions.

DAILY GROUP YOGA & MEDITATION AT SWASWARA

Activity	Minutes
Morning meditation	30
Morning yoga asanas, parallel group 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	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

SHANTI YOGA & WELLBEING RETREAT - RATES IN INR

Room Category:

At SwaSwara - Luxury Konkani villa with a private courtyard garden.

At VanaVasa - Spacious, nature cooled, traditional village style cottage.

Validity	Single Occupancy	Double Occupancy
01st Nov 2016 to 30th Apr 2017	Rate in INR	Rate in INR
8 nights full board 5 nights SwaSwara + 3 nights VanaVasa	1,50,375	2,15,625
10 nights full board 7 nights SwaSwara + 3 nights VanaVasa	1,60,875	2,45,625

Validity	Single Occupancy	Double Occupancy
01st May 2017 to 31st Oct 2017	Published Rate	Published Rate
8 nights 5 nights SwaSwara + 3 nights VanaVasa	Rs. 1,12,780	Rs. 1,61,715
10 nights 7 nights SwaSwara + 3 nights VanaVasa	Rs. 1,20,655	Rs. 1,84,215

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 is subject to availing one treatment a day, per person.
- A personalized one day fresh juice detox and elimination to cleanse the body of toxins, supervised by the Naturopathy doctor.
- A dosha/prakruti analysis and diet advisory by the Ayurveda doctor.
- Being a yoga-centric program, a number of private one-on-one yoga sessions are already included. Additional private yoga classes over and above these are available subject to availing a maximum of one private class a day.
- Fruits, juices, tender coconut water and snacks ordered out of meal times
- Additional 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 well-being 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 for 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 for or undertake any late night transfers. Our last transfer out of SwaSwara and VanaVasa 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/VanaVasa 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; 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 your 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 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 the taxes will be levied as per the charges prevailing during the time of the stay.
- Check-in time is 1 pm and Check-out Time is 11 am
- 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.
- 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 and pottery, as well as use 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 is to be made using your credit card online. The balance can be settled in full on arrival directly at the resort.

CANCELLATION POLICY

The payment must be received before the cut-off 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 of 100% of the whole package.

FOR ENQUIRIES AND BOOKINGS. PLEASE CONTACT OUR RESERVATION OFFICE

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