

SwaSwara

More than a destination, an expression of the power of wellness

A space for exploration of the Self drawing from the ages old wisdom we call 'Indian consciousness', SwaSwara is a retreat for the Mind, Body and Soul to Relax, Recalibrate and Refocus.

Our range of Wellbeing programs

* **“Swa” our Wellbeing holiday** is the beginning of an exploration of the Self, offering all round wellness with a flexible regime which could be considered as our signature ‘Wellbeing holiday’ program. Starting from 5 nights, it is all about learning to rejuvenate the SwaSwara way and balance your life. To Relax, Recalibrate and slowdown in order to be able to Refocus on your inner song or “Swara”. A comprehensive program with an introduction to Yogic kriyas, asanas, Meditations & Pranayama, guided art sessions with our resident artist to express your creativity and relaxing Abhyanga Ayurveda massages to de stress the physical self. Included are consultations with the Ayurveda & Naturopathy doctors, private Yoga sessions & counselling by our experienced Naturopathy & Yoga team. Your ‘Swa’ holiday can be extended as wished with a price advantage & attractive add on inclusions for longer stays.

* **“PRANA” a structured, curative & healing Ayurveda focused program**

Starting from 14 nights onwards, it includes a daily Ayurvedic therapeutic treatment. Suitable for rejuvenation or to address specific ailments like arthritis, digestive disorders or skin problems, it can be extended as wished. Bookings for the “Pancha Karma” are accepted but remains subject to a minimum stay of 21 nights. The diet during the ‘PRANA’ program will be strictly Dosha based & pure vegetarian as per Ayurveda tenets, which will be further personalized by the Doctors to suit the individuals constitution.

* **“SWASTHA” a structured Detox & cleanse program is unique to SwaSwara.** Starting at 14 nights, this program is an amalgamation of Naturopathic & Ayurvedic principles which can be extended as wished. Included are both Naturopathic therapeutic body treatments such as body wraps & deep tissue massages as well as Ayurvedic therapeutic body treatments such as the Dharas, Kizhis & Bastis. During this program, you will be under the supervision of the Naturopathic doctors and while the diet will be Dosha based & pure vegetarian as per Ayurvedic tenets, it will also feature plenty of Raw cuisine as advocated by Naturopathy. An important part of your daily regime during this program will be a nightly dose of “Triphala choorna” a mix of specific Ayurvedic herbs which assist the body to release and get rid of accumulated toxins.

Irrespective of the chosen program, resident guests can avail any of the daily in house offerings – activities range from Guided nature walks, butterfly & bird watching, interactive hands on cookery sessions with the Chef, a weekly boat cruise from Om beach to Town beach to explore the temple town of Gokarna & visit the weekly farmers market to experience the colors & smells of rural India. Weekly cultural programs at dinner time showcase traditional music or dance forms.