

A World of Sophisticated Journeys and Retreats

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Bangalore India: Luxury Yoga & Holistic Program Independent Travel 2010- 2011



RESORT OVERVIEW

A day here dawns with guests waking to the gentle rustling of the coconut trees, the chirping of birds and the crisp cool air. Stepping out of your luxury garden cottages with tented canopies or your poolside cottages, the curving pathways lead to the open-air yoga hall where you gently stretch and tone your body, practice deep relaxation, meditation and breathing exercises.

If you like to run or walk instead, we have a wonderful shady, winding 3-kilometre pathway that meanders throughout the Center's sprawling 25 acres of greenery.

Fresh and energized, you head for the dining room by the pool for breakfast, which includes freshly squeezed juices and fruits hand-picked from our own gardens.

The more adventurous can sample our delicious breakfasts from cuisines across India. On cooler days, breakfast is served in the gardens. Of course, if you are on a particular diet recommended by our therapists or a special diet of your own, this resort will be glad to be of service.

After breakfast, you are free to follow your own agenda. If you are interested to know and learn the Sacred Chants of India and understand the Indian philosophical tradition, you can walk towards the Chanting and Sound Meditation class organized daily in one of the traditional huts by the lawns.

For those of you who have opted for one of the various packages and retreats, your personalized agenda will guide you to the next activity of the day.



Guests get a unique opportunity to experience living a yogic lifestyle along with the staff, which are all trained in every aspect of Yoga.

If you choose to, you can learn to cook, work in an organic agricultural garden and interact with local village school children learning from, and teaching to them. This remarkable center offers a wonderful opportunity for guests to get a glimpse into the simple, hardworking lives of the local villagers. And, for those who are interested, exercises in Community Service and 'Volunteerism initiatives' can be arranged by resort management at the local village, schools and orphanages.

These exercises include preparing a meal and serving children at a local orphanage, planting saplings in the village, contributing towards the village school's requirements such as uniforms, stationery and infrastructure needs like wells, rain-water harvesting projects etc.

If you have booked a massage, scrub or any beauty treatment, head towards the Rejuvenation Massage Center, where trained therapists will pamper you with a range of Massages (be it Ancient Ayurveda, Thai, Balinese, Swedish or Aromatherapy massages), exotic scrubs based on ingredients like chocolate, coffee, spices, coconut & honey) or beauty treatments (like facial, pedicure or manicure) A qualified Naturopath is available to discuss and choose the massages and scrubs / masks that suit you.

You can speak with other qualified therapists for cures for all kinds of physical battle scars you may have picked up over the years – such as back and neck pain, losing or gaining weight, skin related problems etc. End your massage session with a visit to the steam room.

You can opt to swim in the infinity-edge 25-meter lap pool or simply sunbathe around it with a book from the extensive library. The temperature of the pool varies from 25 - 30 degrees Celsius, depending on the weather. Those wanting to do something energetic can test your batting skills in our cricket nets against BOLA, our professional bowling machine.

Or, perhaps you would prefer to work out in an equipped gymnasium and follow it up with a swim, outdoor Jacuzzi and steam bath. If you like cycling, book in advance and management will arrange for rental bikes and provide you with a guide of the neighboring towns & villages. There are beautiful temples, lakes and forests not too far from the boutique resort and they will direct/escort you to them. Picnic lunches can also be arranged on request.

The most popular of all activities for guests is spending time on rice paddy, agricultural and herb gardens, where you get an opportunity to get your hands and feet dirty and truly commune with nature. Feel your stresses disappear as you become one with nature. Follow up this hour or so of light physical activity by relaxing in our thatched hut with fresh coconut water and feel the nostalgia creep in as you watch the trains pass by.

If you are interested in deepening your knowledge and practice of Yoga, you are welcome to meet a Yoga therapist and arrange for a private Yoga class for your specific requirement and level of expertise. They can explain the various therapeutic benefits of all physical & breathing postures and various meditations.

You may prefer to visit the city of Bangalore and its chic shopping outlets to pick up gifts and other items for yourselves or your loved ones. The resort will provide the necessary transport with a guide, should you so require, or a pick up service, should you have items sent for alterations etc. that have to be picked up.

Lunch is a relaxed affair, set in the dining hall providing an opportunity for all our guests to interact with each other. The menu is almost always a welcome surprise - from refreshing cold or hot soups, crunchy green and other exotic vegetable salads, lightly creamed pastas made with extra virgin olive oils, lasagnas, to various Indian vegetarian dishes cooked by chefs who bring their experience and expertise from all parts of India and their travels across the world. You will truly be surprised with the variety of vegetarian food that is available at the retreat.

The afternoon is yours to spend as you wish; to rest, read, watch a movie or come back to the pool. The beautiful garden cottages and poolside cottages are air conditioned, and the garden cottages have a unique open bathroom

that leads into your own private courtyard. You can take your books to your room, sip from the herbal teas provided in your room, and spend the afternoon reading in your private veranda overlooking the lush green gardens.



The rays of the setting sun cast a golden glow on the yoga hall, where a yoga class is held every evening for all guests. Speak with your wellness consultant on arrival, to work out a routine that is specially tailored for you or join a larger group. You can even ask the yoga teachers to spend some time after the evening class to give a talk on the philosophy of Yoga and how it can be integrated into your busy life back home.

Night transforms the Center into an ethereal retreat - softly glowing candles, soothing music in the background, the gentle lapping of water in the infinity pool and the sound of nature all around. Join the other guests for dinner in the dining room, or in the beautiful lawns, under the stars, attended to by courteous and attentive staff.

You can choose to eat with a larger group or on your own. The gourmet vegetarian meals vary everyday - from local delicacies to mouth watering “tandoori” (clay baked) cuisine to varied continental dishes - all made from ingredients organically grown and freshly picked from our fields. You can choose not to have our freshly made desserts such as eggless chocolate cake, cream tarts and various Indian delicacies. In fact, we live the moral code of yoga – eat well, but in moderation, practice yoga & exercise, and live life completely.

Occasionally, the Center will organize local and foreign classical musical and dance recitals in their own amphitheatre. You can also request our staff to take you to a neighboring village to witness the festivities of the numerous spiritual and cultural events that take place each month.

Wind up your day in a state of the art home theatre that has over 500 movies for your viewing pleasure. Nestled in the luxurious comfort of “lazy boy” chairs with a warm cup of chocolate or herbal teas and your favorite movie, this is every movie buff’s delight! But try not to sleep late for you have an early start tomorrow!

EXAMPLE 14 DAY, ALL INCLUSIVE YOGA PROGRAM

Accommodation in a Garden / Poolside Cottage

Wellness consultation on arrival

Gourmet vegetarian meals (breakfast, lunch and dinner) served in the dining area.

Twice daily group yoga classes

Daily group chanting / sound meditation class

Use of all recreational facilities – Swimming pool, Jacuzzi, Steam Bath, Gym, Cricket nets and opportunity to watch one movie per day in Home theatre along with other guests.

Personalized Yoga Instructional classes	8	60
Personalized Pranayama classes	4	45 Personalized
Meditation classes	4	60
Personalized Yoga Nidra (deep relaxation) classes	2	60
Personalized Candle meditation (Trataka)	1	60
Personalized yogic kriyas – Jala neti, Vaman Dhauti	4	15-30
Rejuvenation Massages per person (Balinese / Swedish / Thai / Aromatherapy / Abhyanga)	6	60
Body Scrub & Mask per person (Salt / Coconut & Honey / Spice / Chocolate / Coffee Aloe Vera / Fruit)	1	60
Facial per person	1	60
Cooking Classes on Healthy Vegetarian Cuisine	2	60
Session on integrating yoga in to daily life	1	30
Session of Personalized inputs on Naturopathy and Wellbeing	1	45
Visit to a nearby Village temples or City Excursion and Shopping Trip to Bangalore city		1 Full day
Community Exercise that involves Farming, cooking and feeding a group of children at nearby Village Schools / Orphanage.		1
Nature based exercises		
Round-trip Airport transfers		
10% Service charges and 11.4% Government taxes		

PACKAGE PRICE

\$4579.53