

AYURVEDA & WELLNESS PROGRAMS

AN INITIATIVE BY RAZDAN HOLIDAYS & CGH EARTH

RH Razdan Holidays
Rely on us...we rely on experience

SwaSwara





SWA SWARA

An Indian Consciousness



Razdan Holidays, in association with CGH Earth, brings you the SwaSwara experience. SwaSwara means your inner voice and true to its name, this is a place of natural harmony to release, refocus and recalibrate the self.

Situated on Om beach, there is little, apart from the rhythm of the rolling waves and the meditative hum of birdsong, to disturb your inner explorations. Crafted in colours of the Earth, and in harmony with the land that nurtures her, SwaSwara is designed for holistic and transformational experiences; a space where the ancient wisdom of Ayurveda and Yoga embrace you to rejuvenate body and spirit.

- *Ayurveda Rejuvenation* (7 - 10 Days)
- *Ayurveda Panchakarma* (21 Days)
- *Ayurveda Detox* (14 Days)

CONTACT FOR MORE DETAILS

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