



## THE WAY OF VANA FOR VANAVASIS

Vana is a journey. One of deep intention and personal transformation. Our Retreat is a place for those that seek wellbeing and what lies beyond conventional understanding.

As such, we aspire to create a thoughtful balance, between what is necessary to prescribe to you individually or to Vanavasis as a whole, and what is left to you and your sense of oneness with all beings.

There are certain guidelines and restrictions below that create just the right amount of self-discipline and an environment for comfortable coexistence, between everyone that forms part of the Vana journey; Vanavasis, Team Members and others. These will also help you achieve your retreat objectives better.

### SOME THINGS TO NOTE

Vana is very conscientious and conscious about what it wishes to be and what it is not. We aspire to do our best in every facet of our work, but we are not a place that always follows expected conventions. We are above all, a place for wellbeing.

We embrace every aspect of life. All the elements of being at Vana are equally important. Be it the activities you participate in, the treatments and private sessions you have, the cuisine that you experience, the people that you meet and the environment in which you simply be.

It is also important to note that a retreat itinerary is always designed with mutual consent between a Vanavasi and our team. We need your help to understand you. We request you to trust us to do our work well. Treatments, consultation and private sessions are booked only after your arrival wellness consultation at Vana and cannot be booked in advance. It is necessary for us to understand you and for you to be familiar with Vana before deciding on your itinerary. We do however book your arrival consultation and an appropriate treatment to begin your retreat.

There are seven genres of wellness at Vana, each of which has its own identity, purpose and resources. It is at times difficult to satisfy personal preferences but we will not let that compromise your retreat objectives. We have many paths to achieve the same goal and will craft the most suitable itinerary for you.

Vanavasis on longer retreats might sometimes be given a preference when it comes to certain treatments and sessions that have limited availability, in order to help them achieve their deeper objectives. Certain treatments and consultations are not recommended or prescribed for shorter retreats as they are unable to be of tangible benefit.

The time of certain Specialists is sometimes limited and we therefore discourage multiple consultations for short retreats or even a Specialist consultation at all.

Vana offers treatments in their most traditional and authentic form. These are often customised to achieve a Vanavasi's needs but only with a doctor's consent and without compromising the tradition.



Certain treatments may not be suitable for a person's present state of health. Our Team would not make compromises if we feel a treatment or private session is not in your best interest.

Please note that as per traditional practice, most Ayurveda and Sowa Rigpa treatments are not offered during menstrual cycle.

Not all treatments can be offered during pregnancy. Available treatments are personalised.

Our cuisine is creative, mindful, varied and in sync with our wellness philosophy and perspective on nature. It will allow you to curate your own diet at Vana with guidance from us. We are able to adapt to different dietary needs and restrictions while staying within our cuisine and wellness philosophies.

We encourage guests to have their meals in the dining spaces and at appropriate timings. Food ordered to guest rooms will incur a nominal charge.

We request that the Vana KP (kurta pajama) or elegant attire be worn at dinner time. We also request that appropriate attire be worn in the Kila as we consider it a sacred space.

### RETREAT RESTRICTIONS

Please consider these carefully as they are vital for Vanavasis to be on retreat, achieve their retreat objective, maintain their privacy and sense of personal space:

- Mobile phones, tablets, smart phones, smart watches and personal computers may be used in the rooms only. They are not to be used in any shared or outdoor spaces.
- No photography is allowed at Vana except within the privacy of your room.
- Our offering of alcohol is limited to wine at dinner time only. This is only available at one of our two dining spaces. Wine cannot be served in a guest room or suite.
- Smoking is restricted to a single designated outdoor space and is not permitted in guest rooms, guest balconies, shared spaces or any other outdoor space.
- A Vanavasi must be 16 years of age or above.
- Each room can accommodate a maximum of two guests.
- At Vana each guest is important to us. We do not conform to political, cultural or social benchmarks where certain people are designated as VIPs. The Retreat is therefore unable to welcome any guests that require personal security, pre-arrival inspections or other security protocols that disturb our guests, team or life at Vana.
- We are also unable to allow any personal attendants or staff accompanying a Vanavasi. Our guidelines and restrictions apply equally to all and our vision, mission and values take precedence over individual beliefs.



- We encourage potential guests with public lives to leave their public persona outside Vana. The Retreat is for those who seek it as a refuge of wellbeing.
- We request all guests to be conscious of the privacy and peace of those around them.
- Vana is strictly for resident Vanavasis only. Resident Vanavasi wishing to meet with someone not staying at Vana could do so outside the premises or briefly at the Arrival Pavilion.
- We are unable to allow Vanavasis to be accompanied by pets. However we do have our own!

Vana is a space for all beings. It is our endeavour to provide harmony, nourishment and wellbeing for those on the Vana journey. While we all play our roles in life as well as on the Retreat and are designated by labels, these are only relative truths. Perhaps one gets closer to the ultimate truth if all beings, people, plants and animals alike, are perceived equally. From this notion, arises Vana's belief that it is a leveller for its Vanavasi, where material differences are left outside and people connect to each other and nature equally.

It is also our hope that everyone who enters Vana does so with a generosity of spirit, faith in what we do and an ability to forgive us for our mistakes.

| *gaté gaté pāragaté pārasaṃgaté bodhi svāhā* |

#### LEGAL AND PRIVACY

- Vanavasis are requested to please carry their passport with a valid Indian visa (foreign nationals) or any other form of government approved identification (Indian nationals) for our records.
- Your privacy is important to us. Please visit our [Privacy Statement](#) for full details.



## Vana: September 1, 2016 - January 3, 2018

Retreat prices are quoted in Indian rupees.

Minimum retreat duration: 7 nights

Retreat duration	Forest Room/Garden Room		Bodhi Suite/Forest Suite		Esteva Suite		Vana Suite	
	Single	Sharing	Single	Sharing	Single	Sharing	Single	Sharing
7 Nights <i>8<sup>th</sup>-13<sup>th</sup>/Night</i>	2,24,000 <i>32,000</i>	3,29,000 <i>47,000</i>	3,29,000 <i>47,000</i>	4,34,000 <i>62,000</i>	4,34,000 <i>62,000</i>	5,39,000 <i>77,000</i>	6,09,000 <i>87,000</i>	7,14,000 <i>1,02,000</i>
14 Nights <i>15<sup>th</sup>-20<sup>th</sup>/Night</i>	4,34,000 <i>31,000</i>	6,30,000 <i>45,000</i>	6,44,000 <i>46,000</i>	8,40,000 <i>60,000</i>	8,54,000 <i>61,000</i>	10,50,000 <i>75,000</i>	12,04,000 <i>86,000</i>	14,00,000 <i>1,00,000</i>
21 Nights <i>22<sup>nd</sup>-27<sup>th</sup>/Night</i>	6,30,000 <i>30,000</i>	9,03,000 <i>43,000</i>	9,45,000 <i>45,000</i>	12,18,000 <i>58,000</i>	12,60,000 <i>60,000</i>	15,33,000 <i>73,000</i>	17,85,000 <i>85,000</i>	20,58,000 <i>98,000</i>
28 Nights <i>29<sup>th</sup>+/Night</i>	8,12,000 <i>29,000</i>	11,48,000 <i>41,000</i>	12,32,000 <i>44,000</i>	15,68,000 <i>56,000</i>	16,52,000 <i>59,000</i>	19,88,000 <i>71,000</i>	23,52,000 <i>84,000</i>	26,88,000 <i>96,000</i>

Certain retreat objectives require longer than our minimum retreat of 7 nights. These include Detox (14 nights), Weight Management (14 nights), Natural Healing (14 nights) and Panchakarma (21 nights).

Retreats of 21 nights and longer will include 3 wellness weights per night per guest.

Vana has a 7-night retreat minimum to ensure that guests derive genuine benefit and we are able to do justice to our work. The retreat objectives of Detox, Natural Healing, Weight Management and Panchakarma require longer retreats.

We encourage Vanavasis to come to Vana in multiples of weeks. This allows us to plan your retreat better and you to establish a more defined objective and ascertain clearer goals. Our experience shows that a retreat of 7 nights allows a Vanavasi to rest well, while 14 nights enables them to achieve certain objectives and experience some meaningful learning. Retreats of 21 nights and longer are where transformation begins to happen and beyond 28 nights is where true inner change begins.

### YOUR RETREAT AT VANA INCLUDES

- Treatments/consultations/private sessions based on two wellness weights per night per guest and three wellness weights for retreats of 21 nights and more
- Arrival and departure wellness consultations
- Retreat activities focused on wellness, cuisine, music etc.
- All cuisine including breakfast, lunch, dinner and beverages (except wine and residence dining delivery)
- Airport transfers
- All taxes. No service charge or gratuities are added and our team members do not expect tips as appreciation for their work.



Each of our treatments, consultations and private sessions has a value in wellness weights, mostly between 1 and 2. While all retreats can be crafted based on the two wellness weights per night included, guests can take à la carte wellness weights in addition. These might also be recommended by our wellness team to derive better results from your retreat.

We provide all our guests with comfortable kurta pajamas to wear at the Retreat as well as footwear. This includes woollen capes during winter months.

### HOW TO PAY

Reservations shall be confirmed by a deposit of one retreat night made at the time of booking, and an approval for the balance retreat price. This balance amount will be blocked on your credit card 7 days prior to arrival, and will be realised as a completed transaction at check-in.

Alternatively, payments may be made via wire transfer, bank details for which will be sent to you via e-mail. We accept major credit cards (Visa and MasterCard) as well as debit cards.

### CANCELLATIONS

- Any cancellation received more than 15 days (inclusive) prior to your date of arrival will not incur any cancellation charges.
- Any cancellation received 8 to 14 days (inclusive) prior to your date of arrival will incur a charge of one retreat night of your retreat total.
- Any cancellation received 0 to 7 days (inclusive) prior to your date of arrival will incur a charge of seven retreat nights of your retreat total.
- Any reduced stays whilst at the Retreat will incur a charge of 100% on the total retreat price.