

PRACTICE

# *Upavāsa*



*The Oberoi*

SUKHVILĀS RESORT & SPA

SISWAN FOREST RANGE  
NEW CHANDIGARH



*Upavāsa* are the programmes through which we enable you to experience *sukh*, or happiness. *Upavāsa*, a Sanskrit word, literally means “to be near oneself”. It is the most beautiful space to be in, provided it is done with the right intention and in the right environment.

*Upavāsa* programmes at The Oberoi Sukhvilās Resort & Spa help each individual enter the state of being near oneself easily and effortlessly. A conducive environment is created based on the principles of Ayurveda, a medical knowledge system that is more a way of life, and that addresses not only the body and mind, but also the human spirit and consciousness.

These programmes have been carefully designed to enable deeper healing, thereby easily addressing discomfort at physical and emotional levels.





## Himalayan Wellness

Framed by 8,000 acres of protected natural forest, our luxury resort is the perfect setting to switch off and unwind.

The *upavāsa* Himalayan Wellness programme at The Oberoi Sukhvilās is curated to suit each individual's personal needs. Along with our customised spa treatments, we invite you to experience forest bathing; an immersive forest experience that calms the mind, nurtures internal serenity and naturally restores your vital energies.

Himalayan Wellness will leave you feeling relaxed, refreshed and with a renewed sense of wellbeing in the mind, body and spirit.

Indicative wellness inclusions:	Minutes	Frequency
Prescribed spa treatment	60	Daily
Hydrotherapy	According to individual need	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

Stay inclusions:

- Accommodation in a Premier Room
- Daily breakfast
- Return airport or railway station transfers



## Digital Detox

The *upavāsa* Digital Detox programme is aimed to help you switch off from the outside world and reconnect with your inner self.

To fully benefit from this programme, we ask you to switch off your tablet, your mobile phone and your laptop. Minimise external distractions, turn your focus from the outside, inwards, and allow yourself to slow down.

Re-engage your senses of touch, sound and smell. Experience deeply relaxing aromatherapy massage treatments and Himalayan singing bowl therapy of sonic vibrations that promote a deeply meditative, relaxed state. Enjoy a leisurely walk, breathe in the forest fragrances and enjoy the restorative energies within the 8,000 acres of natural woods that surround our luxury resort. Learn yoga, meditation and mindfulness techniques that will help you focus on the present moment.

With a Digital Detox at The Oberoi Sukhvilās Resort & Spa, we will help you discover tools to create a more meaningful and balanced life; both online and offline.

Indicative wellness inclusions:	Minutes	Frequency
Prescribed spa treatment	60	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

Stay inclusions:

- Accommodation in a Premier Room
- Ayurveda based meals, as prescribed
- Return airport or railway station transfers





## Mindfulness

It is easy to stop noticing the world around us and to lose touch with the way we are feeling. Mindfulness is the practice of reconnecting with our thoughts, our feelings and our bodies. Being able to see the present moment clearly and appreciate everything about it allows us to live in a more positive state of mind, every minute of every day.

Customised to suit your personal needs, the *upavāsa* Mindfulness programme at The Oberoi Sukhvilās Resort & Spa helps you attain a natural and intuitive state of being present, so that you feel more connected with your inner self.

During the course of a week with us, you can reawaken your physical senses and emotional sensitivity, so that you can start to live in a more conscious state and really appreciate the world around you, with a more positive mindset.

Be still, be aware and be present.

Indicative wellness inclusions:	Minutes	Frequency
Prescribed spa treatment	60	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

Stay inclusions:

- Accommodation in a Premier Room
- Ayurveda based meals, as prescribed
- Return airport or railway station transfers





## Rejuvenation

The *upavāsa* Rejuvenation programme will help you feel better than ever before; working holistically through a combination of herbs, food, external body treatments and yoga, prescribed after personal consultation with our physician.

Indicative Ayurveda and wellness activities:	Minutes	Frequency
Private consultation with physician	According to individual need	Daily
Prescribed Ayurvedic treatment	According to individual need	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

Stay inclusions:

- Accommodation for in a Premier Room
- Ayurveda based meals, as prescribed
- Return airport or railway station transfers



## Detox

The *upavāsa* Detox programme aspires to help us learn how to cleanse ourselves. It is a very carefully planned programme using various Ayurvedic components to enable you to experience a very deep state of detoxification and consequent nourishment.

Indicative Ayurveda and wellness activities:	Minutes	Frequency
Private consultation with physician	According to individual need	
Prescribed Ayurvedic treatment	According to individual need	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

### Stay inclusions:

- Accommodation in a Premier Room
- Ayurveda based meals, as prescribed
- Return airport or railway station transfers



## Weight Management

The *upavāsa* Weight Management programme does not focus on instant loss of weight. At The Oberoi Sukhvilās, we will help you learn how to more easily metabolise not only your food, but also your thoughts, words and actions. When proper all round metabolism happens, weight is never an issue.

Indicative Ayurveda and wellness activities:	Minutes	Frequency
Private consultation with physician	According to individual need	
Prescribed Ayurvedic treatment	According to individual need	Daily
Yoga / Meditation	According to individual need	Daily
Mindfulness activities	According to individual need	Daily
Forest bathing	According to individual need	Daily

Stay inclusions:

- Accommodation in a Premier Room
- Ayurveda based meals, as prescribed
- Return airport or railway station transfers



#### **Ayurvedic Body Treatments can include**

- Abhyangam
- Choorna, Patra, Upanaha, Shashitka Pinda Sveda
- Ekanga, Savanga, Shiro Dhara
- Panchakarma
- Shiro Lepa
- Pichu
- Njavarakizhi
- Nasyam

#### **Yoga Practices can include**

- Yama / Niyama
- Asana
- Prayama
- Pratyahara
- Dharana
- Dhyana

#### **Mindfulness Activities can include**

- Block printing
- Painting
- Sewing
- Embroidery
- Puduku walking
- Cooking
- Gardening

#### **Herbal Supplements can include**

Carefully crafted vegetarian food

#### **Introspection**

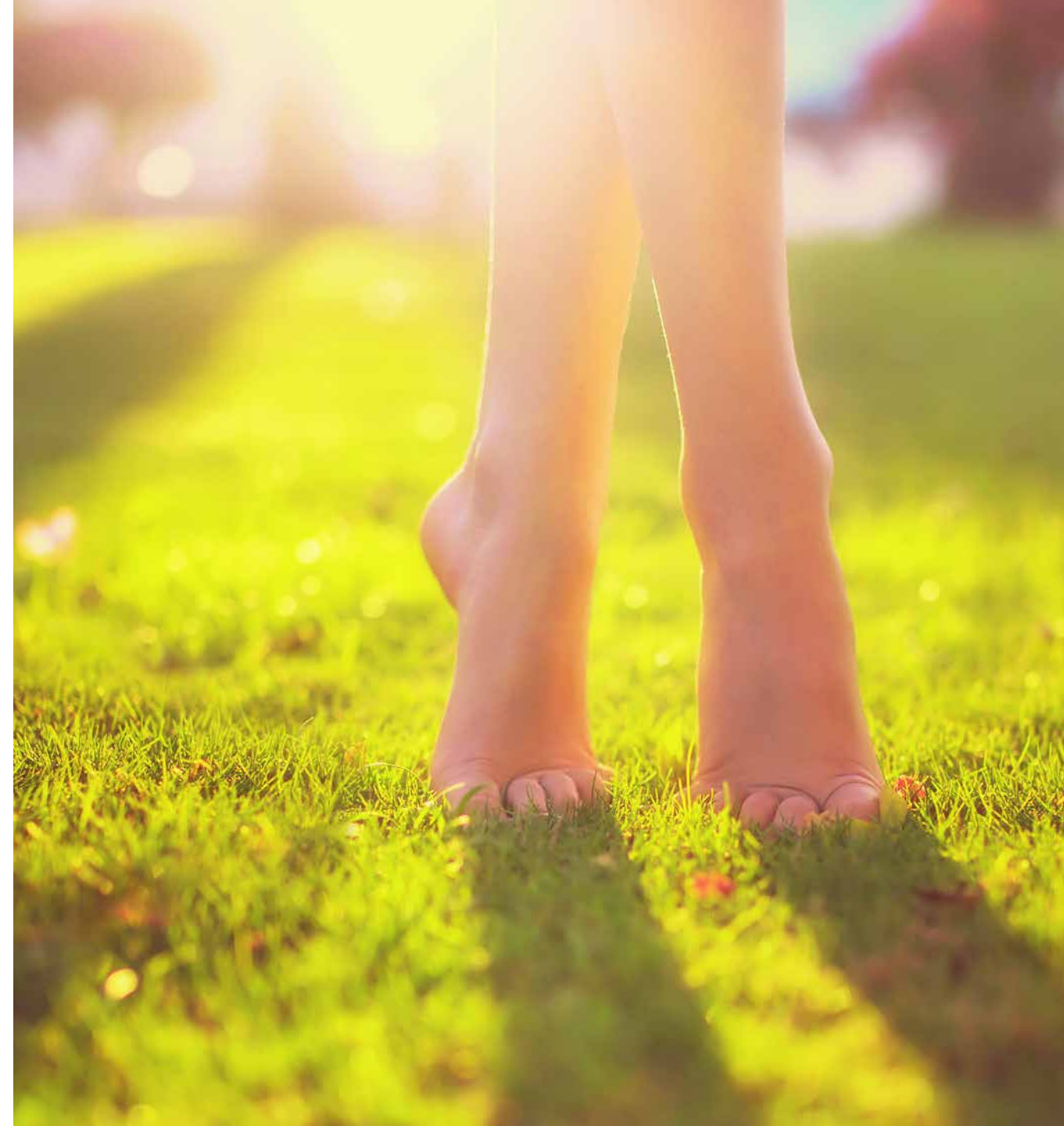
- Being in tune with oneself

#### **Exploration Into the Deeper Self can include**

- Guided meditation
- Prescribed reading

#### **Self-Enrichment Activities can include**

- Art of eating
- Art of living
- Balancing work and rest
- Balancing work and relationships







**A typical day on any of these programmes includes:**

A personal consultation with our physician	for 30-60 minutes
External body treatments	45-90 minutes
Yoga practice	45-90 minutes
Internal herbs	2-5 times a day
Carefully crafted vegetarian diet food	3 times
Lots of time for rest and introspection	
Exploration into the deeper Self	for 30-60 minutes
Learning to look after oneself back home	for 30 minutes
New learnings in healthy cooking, farming, weaving, embroidery, clay making, paper making, village living etc.	for 30-60 minutes

\*All inclusions are based upon individual needs