



# SANJEEWANA

Authentic Ayurvedic  
Immersive Journey



**ANANTARA**

SPA



## WELCOME TO PEACE HAVEN

Ayubowan! Sheltered along Sri Lanka's breathtaking southern coast, Anantara Peace Haven Tangalle Resort exudes luxurious coastal seclusion. Only three hours from Colombo, discover an inspirational hideaway to rebalance your body and mind. Relax under the swaying palms of a 21-acre coconut plantation.

Refresh your spirit with views of Indian Ocean waves flowing onto golden sands. Pursue your personal wellness ideals in a revitalising paradise, nurtured by Sri Lanka's thriving heritage of natural ayurvedic healing.

Give yourself the space and time to blossom with tailored ayurvedic programmes that bring long lasting results. Discover how powerful ancient remedies and holistic experiences address the effects of modern life.

## THE AYURVEDIC SCIENCE OF LIFE

Ayurveda is a Sanskrit word meaning the “science of life”. This ancient preventative and curative system is native to Sri Lanka and India with written accounts dating back 3,000 years. Its fundamental teachings are based upon a holistic relationship between body, mind and spirit. Ayurveda seeks to balance this connection by understanding each person’s unique dosha constitution and the imbalances which occur due to our environment, state of mind and lifestyle choices.



## PRINCIPLES OF AYURVEDA

Anantara’s specialist ayurvedic programmes facilitate pathways to holistic health and happiness by balancing the body and freeing the mind, based on three simple yet powerful principles.

### **Understanding your prakruti (natural state)**

*Examining your distinctive combination of the three dosha types.*

### **Understanding your vikruti (current imbalances)**

*Exploring the lifestyle choices and habits that create these imbalances.*

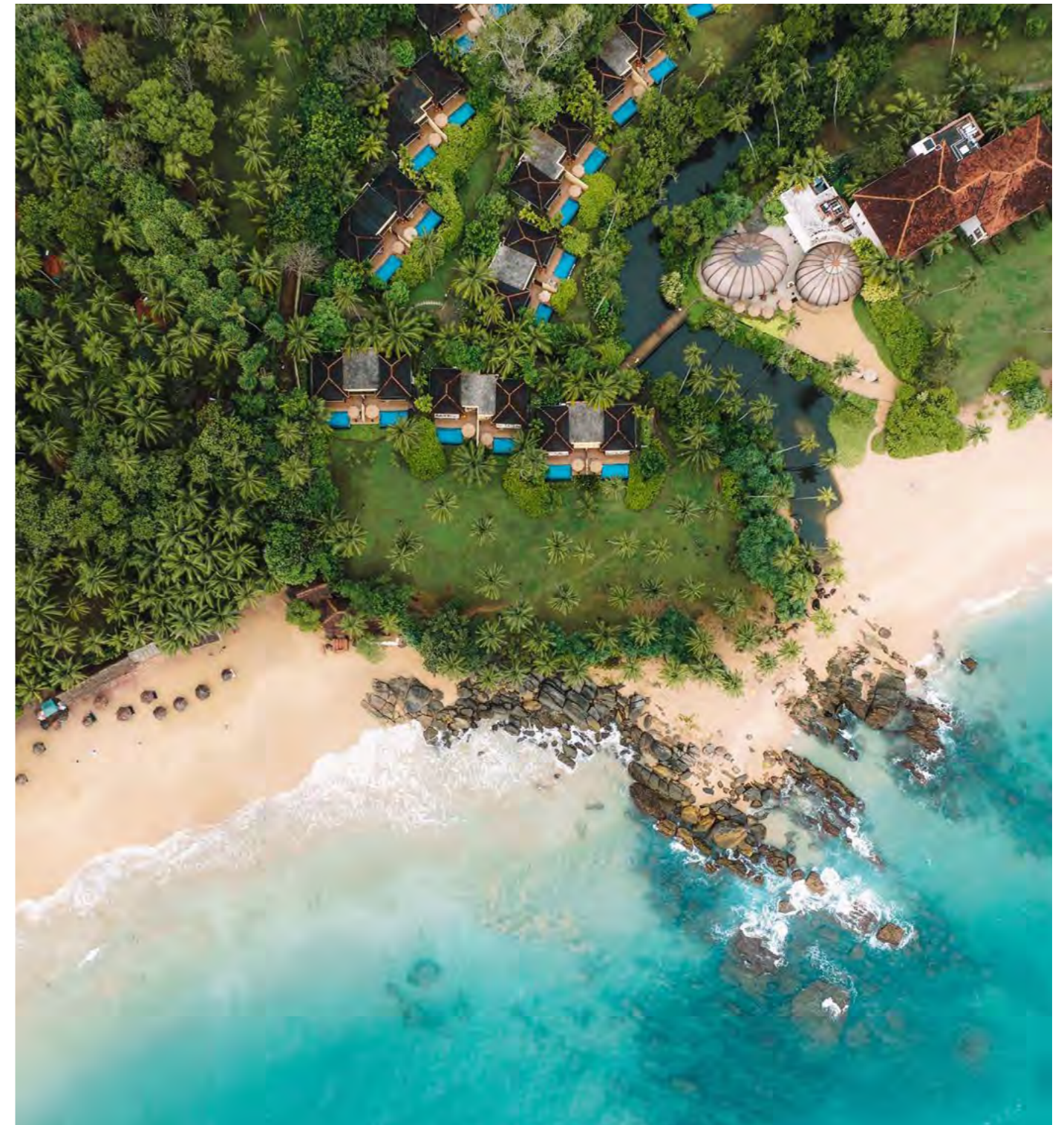
Learning to clear your mind and develop the clarity needed to make healthier lifestyle choices.

## SANJEEWANA, ONE THAT INFUSES LIFE.

Transcend into an immersive journey of the mind, body, and soul. Reclaim your well-being and sustain it with the guiding philosophies of Ayurveda and the healing power of “Sanjeevana” with roots stretching far back in time boasting a rich tapestry of facts and myths, legend and lore designed to balance and nourish mental and physical health.

Explore the journeys that offer life-enhancing, aspirational and transformational experiences in an incredible resort destination, taking your individual needs and time preferences into account, exemplifying the pillars of mindfulness, nourishment and self-care.

The foundations of the programme ensure a holistic approach and long-lasting results, by taking into account the need for self-awareness and reflection, balanced nutrition, therapies that are bespoke to your needs, and an inspiring sense of destination.



## YOUR WELLNESS JOURNEY BEGINS HERE.

Our wellness journeys are planned after a comprehensive personal consultation with the Resident Doctor of Ayurveda. Take a guided journey of coaching with personal yogis, life coaches, trainers, community and chefs culminating with a long-term plan for continued wellness back home with the ultimate goal of empowering you to change your lifestyle and way of thinking.

Nature provides the opportunity to recharge, refresh and renew. with an immersive wellness journey that promises to deliver you back to complete physical and mental well-being. Be present, be mindful, and live a life of gratitude by enabling you to relax, slow down and reconnect with your inner spirit. This immersive retreat offers a holistic journey of distinct benefits, encompassing an ideal of happiness – a healthy balance of body, mind and spirit.



# SANJEEWANA MOMENTS

## AYURVEDIC REJUVENATION



Treatments



Dispensary



In-villa Consultations



Nature Walk

## MINDFULNESS



Meditation with a monk at Temple or by the lagoon



Bonfire session with a Yoga Master

## HARVEST FLAVOURS



Wood oven baking



Ayurveda-inspired cuisine

## YOUR PROGRAMME



### DAY 01

- Consultation
- Ayurvedic Therapy
- Ayurvedic Dinner



### DAY 02

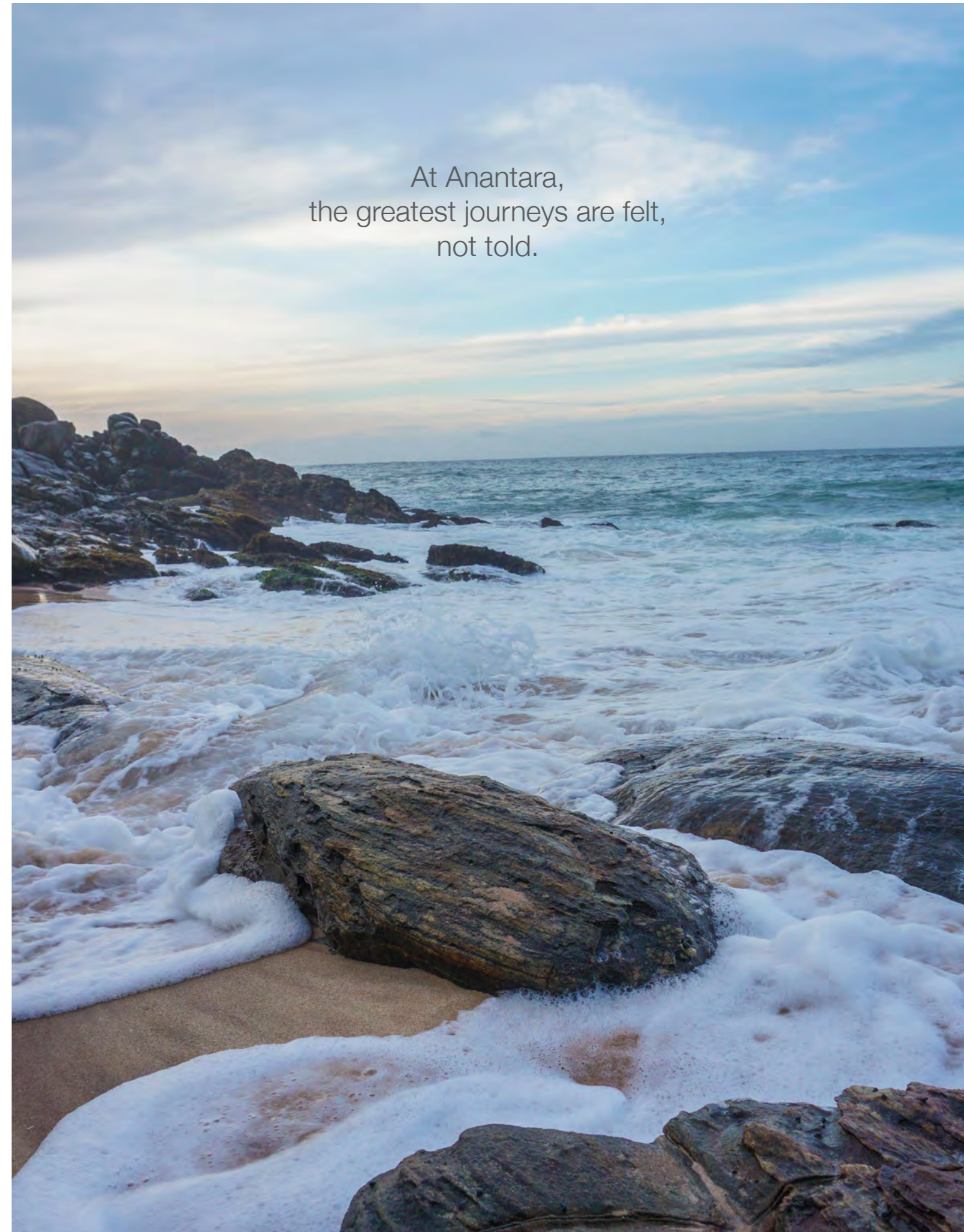
- Nature Walk
- Ayurvedic Breakfast
- Harvest Culinary Experience
- Ayurveda Treatment
- Ayurvedic Dinner



### DAY 03

- Ayurveda Herbal Dispensary Experience
- Lifestyle Consultation
- Ayurvedic Lunch
- Meditation with Monk at Lagoon or Temple
- Bonfire at Cape
- Ayurvedic Dinner

At Anantara,  
the greatest journeys are felt,  
not told.



# AYURVEDIC REJUVENATION



A detailed assessment and consultation will allow our team of medical experts to understand your needs, health concerns, wellness goals, and special needs for your wellness retreat. This includes daily consultations, therapies, delicious meals customized for your health, calming meditation sessions, as well as cultural experiences that will keep your mind engaged and body feeling rejuvenated in the immersive surroundings to experience healing through all five senses.



## PERSONALISED CONSULTATION

Our Ayurvedic physicians and caregivers carry forward a legacy of the ancient wisdom of natural medicine from the Indian subcontinent. Our team of physicians have diverse and decades of experience to evaluate one's needs and personalise a seamless healing experience for each patient. Our team of specialists will personally design your day-to-day wellness programme based on a detailed diagnosis of the unique condition of every patient with the focus on helping them achieve desired health goals, and ensuring that guests are met with empathy, humility, accessible for care and comfort at all times.



## SIGNATURE AYURVEDA THERAPIES

The Ayurvedic school of medicine promotes the idea that wellness is not a single set of principles that apply to everyone. To treat each individual effectively, an Ayurvedic practitioner will consider several unique factors, including season, geography, state of mind, and body constitution. The three doshas – Vata, Pitta, and Kapha – are described as the biological energies of the human body and mind, providing vital information for the development of a course of treatment.

The key to achieving optimal health is the balance of these bio-regulatory principles. To put it simply: Every human being is different. And as a result, will require a unique set of assessments and treatments to offer them a completely balanced and healthy life. At Anantara, we promise our guests completely personalised treatment programmes, that serve their needs, their concerns, and their goals.

Ayurveda at Anantara has a formulation of inherent wellness regime for the guests, from personalized consultation, folded therapy program & diet recommendation to consummate personal goals to the diligence transformation. The ayurveda experience has been designed keeping in mind the individual desire to relax, restore & revitalize.





## NATURE WALK

Take a morning nature walk with our Nature Guru and connect with nature. On this short journey, our guests can learn stories about Ayurveda, narrated to them by in-house experts.

Absorb the riveting story of the origin of Ayurveda, learn about the herbs used in Ayurveda, and the principles and practices of this ancient school of wisdom, while engulfed in the tranquil beauty of the resort.



## SPECIAL AMENITIES

Transition into an intimate and reflective space intended to bring meaning and presence to the moment during your stay. Feel the essence of the journey and give way to the aesthete with authentic Ayurveda amenities to facilitate wellness moments.

### Key Elements:

Copper Bracelet | Kurta Pajama

### Ayurveda Room Amenities:

Turned down service | Gadget bag for digital detox | wildflower bathtub with spice essential oils | in-room yoga mat | Ayurveda/Spice fragrance pillows mist | morning ginger, mint and lime tea



# MINDFULNESS



## MEDITATION WITH MONK AT TEMPLE OR LAGOON

Meditation is a healing technique. Take a guided journey towards the inner workings of meditation in the morning and establish a successful meditation practice with the monk who will share learnings of mindfulness meditation and developing healthy mental habits that improve quality of life and happiness.

The practice of meditating enhances peace and tranquillity and is known to ease the mind and is a journey channelling one's inner self.

Moreover, meditating leads to the art of practice cultivating universal values of generosity, virtue, patience, contemplation, and wisdom in every aspect of life. Offered in a place of quiet solitude for those seeking a pause, clarity, and purpose, away from their urban environment.



## BONFIRE AT CAPE WITH YOGA MASTER

Reflective practices are a way for us to become aware of one's own state of being. Mindful reflection brings us back to ourselves, allowing a stronger connection to our body, emotions, thoughts, and spirit.

Towards the end of the programme, take the opportunity to share your journey with our yoga master, take time to settle into fresh harmony and balance by a roaring and captivating bonfire, nurture your body with a wholesome meal and embrace feelings of inner peace and contentment.

## HARVEST FLAVOURS



Take part in curate experiences that align with what matters the most, connecting with the self, others, and the surrounding world. Feed your soul with a vast array of indoor and outdoor well-being activities that promote mindfulness and provide powerful tools to keep you engaged in the present moment.

Wellness activities are an essential part of the Ayurvedic way of living. By engaging in activities such as these, one can reduce stress, engage in positive social interactions, and achieve optimal wellness through the stimulation of the mind and spirit.



## WOOD OVEN BAKING

There is nothing quite like the taste of homemade bread. Making bread in a wood-fired oven adds a layer of complexity to the already amazing flavours. Whether you're a beginner or a seasoned baker, learn from our expert bakers, ready to offer an immersive guided experience in the art of baking.



## TRADITIONAL SRI LANKAN COOKING

What is truly fascinating about Sri Lankan cuisine is witnessing the meticulous ways of traditional cooking that involves interesting methods and techniques. With organic produce in hand, sip on a refreshing seasonal drink such as a sweet king coconut or a freshly pressed tangerine juice and experience the art of making a traditional Sri Lankan recipe handed down through generations; cook with a local mamma for an experience that is immersive and authentic as it is delicious.



## AYURVEDIC CULINARY MOMENTS

The culinary experience has firm roots in age-old Ayurveda traditions. The menus are inspired by fresh, seasonal produce and the slow cooking technique stresses on preserving the natural flavours of the food, working with ingredients known for their curative and nourishing benefits. Our culinary team will combine cooking techniques with a contemporary taste to create a culinary journey that is both healthy and indulgent. We provide diversity to your meals by providing a selection of local and continental cuisines that are delicious and beneficial to your overall health and wellness.



Ayurvedic cuisine uses natural elements in food to assist in the day-to-day processes of the body without placing unnecessary strain on our major metabolic organs and simultaneously building the body's own natural strength. Ayurveda or traditional medicine takes a holistic approach to health that looks closely at the effects of diet and other lifestyle factors on your physical, mental and spiritual well-being.

According to the Ayurvedic system, there is no single diet that is right for everyone. The food you eat has either a balancing or aggravating effect on your body, depending on your constitutional type, or "dosha." Three doshas are Vata, Pitta and Kapha, which in turn are made up of the five major elements. In conjunction with yoga, meditation and Ayurvedic treatments, our food supports health and well-being by helping maintain the doshas in their natural equilibrium.



Ayurveda cures your concerns from within by creating a balance of all doshas, however, this is attainable only when you continue to walk on the path of Ayurveda after your programme at Anantara.

To handhold you through your Ayurvedic journey, our physicians will be accessible to you beyond your stay with us. Our programme aims to empower every guest with our knowledge and guidance to sustain an Ayurvedic journey for life.

Sanjeewana: All inclusive 3 days Ayurvedic wellness package for two

USD 1111



ANANTARA  
PEACE HAVEN • TANGALLE  
RESORT

LIFE IS A JOURNEY.

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