



II rāga svarā

A LUXURY INDEPENDENT &
BOUTIQUE RETREAT

Bespoke Ayurveda,
Yoga & Wellness





Raga Svara Team

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|| Raga Svara is an institution unlike any other. Raga Svara is an outcome of many years of my visits, stays, readings, and interactions with seekers of peace and health within and outside India. The character and ethos of Raga is still emerging and it will always keep evolving. ||





What is Raga Svava

Raga means to colour, to dye, to tinge. Raga is a framework of melodies, it dyes a melody to give it a unique colour and emotion. Svava are the notes or steps taken to be in “Raga”.

The concept and the built environment of Raga is still evolving.

Here are the central elements:

Raga Svava is a learning and healing institution. It is difficult to place it neatly in any category. To put it in familiar categories, Raga sits between a wellness retreat, an ashram, an Ayurveda centre, a learning institution and a cultural centre.



Raga Svava is a place to rejuvenate, to learn and practice how to heal using ancient Indian traditions of Ayurveda and Yoga.



Raga Svava is a place to find your existential foothold through learning and engaging in philosophical inquiry and aesthetic experiences.

We want everyone to learn how to engage meaningfully with life. The agency of transformation lies within each person. Raga Svava is the medium, the catalyst, and the guide of this transformation.

pause



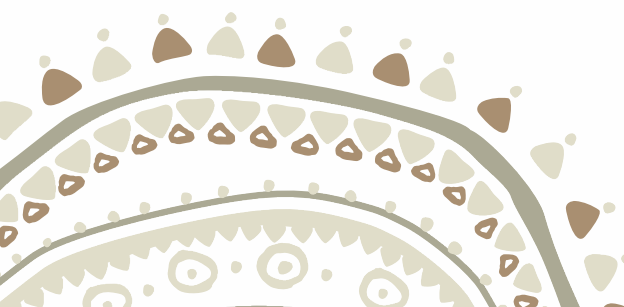
find
p e a c e



Find Peace

On the day of Dakshinayana (Summer Solstice/Midsummer) of 2019, we began a new journey. Dakshinayana is a time to strive and the harvest may come in Uttarayana. Just as all humans, we have been trying to find what is worth doing.

While we keep on gaining pace, playing catch up, and running ahead, we lose our existential foothold. In the constant flux that we are thrown into we can't find our sense of being, our sense of wholeness. There is a spectre of turmoil, pervasive and omnipresent. We seek slowness, we seek togetherness, we seek balance. We seek peace. Raga Svara is place where we can pause and find peace.





pause



escape
c h a o s





Escape Chaos

We live a life of interruptions. Unceasing stream of stimulations. Notifications from messengers, social media, emails, shopping apps, and a thousand more. It is killing our focus like death by a thousand paper cuts. We are no longer concerned about the fragmentation of our attention or our dependence on devices.

Technology has brought us an abundance of information and uninterrupted connections with friends, family and employers. If unbalanced, it becomes the bringer of chaos. The message of the world today is that if you want to hang on you better speed up, you better get used to the chaos, the maddening flurry of incessant action. But it's useful to remind everyone that our basic needs never change. The need to be seen and appreciated. The need to belong. The need for nearness and care and love. This is given only through slowness, reflection and togetherness.

Raga Svara is a place where we can pause and escape chaos. At Raga Svara, our goal is minimize interruptions to the flow of experience. Our guests are encouraged to be still and immersed in the natural and serene environment of the campus. Not only does this experience help focusing attention and energy, it also leads to increased awareness of "flow" and creativity.



pause



connect with
nature



Connect with Nature

We have forgotten how to cooperate with nature. We are habituated to establishing our dominion in all aspects of life, including nature. We have forgotten to respond to the seasonal and temporal patterns of nature, much to our own physical and psychological detriment. दिनचर्या (the daily routine) and ऋतुचर्या (the seasonal routine) don't fit in our modern lives.

To be really in sync with oneself and nature is to understand and experience the time scale of nature around us. The road to our wellbeing is so simple and clear yet riddled with hardships. Eating सात्विक (essential, natural, clean) food, taking a stroll among the trees, practising योग (yoga), observing सिला (self-discipline), watching and hearing the birds, breathing in clear air, smelling sweet flowers and pungent leaves. These go a long way in renewing and sustaining our body, mind and spirit. In Carl Jung's words, "When you walk with naked feet, how can you ever forget the earth?"

Let's walk with naked feet.

At Raga Svara, our guests experience intimacy with nature. They live in harmony with the seasonal cycles of the local ecology in all ways possible such as eating the right food, practising yoga and ayurvedic treatments as per season and even listening to Indian classical music (Ragas) as per season and the time of the day.



EKARNAVA

Rock Garden



आयुर्वेद | योग

Ancient Healing System
of India

आयुर्वेद | योग

One of the great systems of thought and practice that India has produced, is the ancient healing system of Ayurveda. Along with Yoga, Ayurveda represents an exhaustive internally consistent logic and understanding of the science of life. Ayurveda, or Ayur Vidya, means the knowledge of life. At Raga Svara, our goal is to manifest this understanding and ancient wisdom in to lived experience of modern humans.





PRAKRITI
Treatment Centre



PRAKRITI

Treatment Centre



PRAKRITI
Treatment Centre



PRAKRITI
Treatment Centre



PRAKRITI
Treatment Centre



PRAKRITI
Treatment Centre



PRAKRITI
Treatment Centre



PRAKRITI
Treatment Centre



ANTARA
Yoga Centre



ANTARA
Yoga Centre

ॐ बृहस्पतेर्दधातु ॥ ॐ शान्ति शान्ति शान्ति ॥ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा उ मु



BODHI

Meditation Centre



ANURAGA

Reception



MEGH
SUITES



**MEGH
SUITES**



**MEGH
SUITES**



MEGH
SUITES





MEGH
SUITES



**RAGA
VILLA**



**RAGA
VILLA**



**RAGA
VILLA**



**RAGA
VILLA**



SAMSKARA

Restaurant – Wellness Cuisine



SAMSKARA

Restaurant - Wellness Cuisine



SAMSKARA

Restaurant - Wellness Cuisine



SAMSKARA

Restaurant - Wellness Cuisine



SAMSKARA

Restaurant - Wellness Cuisine



**SWIMMING
POOL**



EKATRIT

Central Garden



MANDALA
Culture Centre



**TERRACE
GARDEN**

Program Offerings

At Raga Svara, we invite guests with intent and purpose.

You are welcome to experience the offerings of Raga through our various retreats of wellbeing. We understand that each guest's journey is unique. Our Ayurveda doctors design a personalised treatment protocol based on Nadi Parikshan and Dashavisha Pariskhan.

Wellness Retreat

At Raga Svara's Wellness Retreat, we prioritize your overall well-being, both physically and mentally. Our Wellness Retreat is ideal for those who do not have specific health concerns, but are looking to develop a healthier lifestyle based on Ayurveda principles in our serene environment.

More than a leisure getaway, our retreat offers a deeper retreat from the daily grind, allowing you to truly unwind and rejuvenate. Raga Svara is a space to relax and disconnect from the noise of everyday life, and rediscover the simple joys of life through Ayurveda therapies, Yoga, meditation, various activities on campus and our signature wellness cuisine.



Panchakarma Retreat

Raga Svara's Panchakarma Retreat is a rigorous, personalized Ayurveda cleansing retreat designed to remove deep-rooted stress and toxins from the body and strengthen your immunity. The core Ayurveda mantra of harmony and balance lies at the heart of our retreat. Panchakarma Shodhan, the thorough process of detoxification, is one of the most potent tools for preventing diseases. It involves a series of Ayurveda treatments performed under the supervision of our Ayurveda physicians, accompanied by gentle Yoga and Raga's signature wellness cuisine.

Although all our Ayurveda retreats help to detoxify and boost immunity, this special Panchakarma Retreat is the perfect introduction to your annual detox practice and is preventative in nature.



Weight Management Retreat

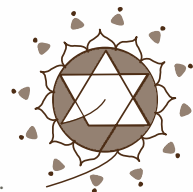
Our Weight Management Retreat aims to support you in achieving and maintaining a healthy weight and lifestyle. Following Ayurvedic principles, we believe in nourishing both body & mind, breaking harmful patterns, & detoxifying naturally.



The challenge in attempting to lose weight at home is maintaining motivation throughout the process. At our retreat, we provide guidance and encouragement to make the journey smoother and more sustainable. Through our retreat, you will experience not just weight loss, but an overall improvement in well-being. You will feel lighter, stronger, and more energized, with enhanced flexibility and stamina.

De-stress Retreat

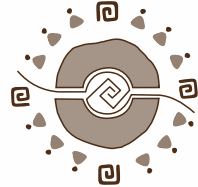
At Raga Svara's De-stress Retreat, we offer a rejuvenating experience, blending unique Ayurvedic therapies to engage all your senses. Through Ayurveda, Yoga, meditation and allied practices, you will rediscover balance and vitality during your stay.



Our retreat is designed to alleviate the side effects of stress, such as headaches, insomnia, fatigue, and lack of focus. Traditional Ayurvedic treatments not only address these symptoms but also target the root causes of stress. With their calming effects on the brain and nervous system, they promote deep relaxation and inner peace. In our serene environment, you will find support for both physical and mental renewal.

Joint Pain Management Retreat

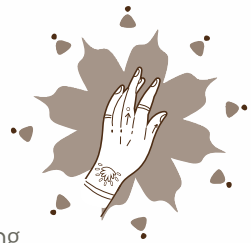
Escape the limitations of aches and pains that hold you back from living fully. Experience the marvel of Panchakarma in restoring the health of Sapta Dhatus, focusing especially on the muscles and bones.



At Raga Svara's Joint Pain Management Retreat, your journey begins with a comprehensive assessment by our Ayurvedic doctor. Your treatment plan is personalized and includes a range of Ayurvedic therapies, gentle yoga practices to reduce stress, and wellness cuisine.

Women's Health Retreat

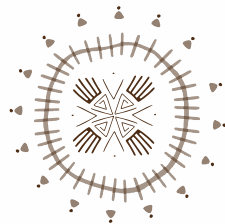
At Raga Svara Women's Health Retreat, we understand the different challenges women face, including hormonal fluctuations, weight management, menstrual issues, reproductive health, bone and joint concerns, and stress.



Achieving hormonal balance is crucial for women's well-being. We tailor personalized retreat experiences for each guest through individual Prakriti analysis. Our approach includes dietary adjustments, lifestyle recommendations, Ayurvedic therapies, yoga practices, and nourishing cuisine to support holistic transformation.

Diabetes Prevention Retreat

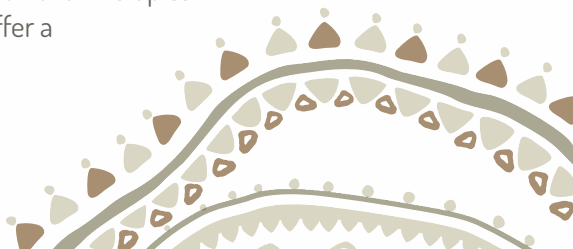
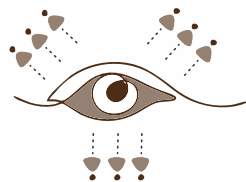
Raga Svava's Diabetes Prevention Retreat is designed specifically for individuals with diabetes and for those at risk of diabetes. According to Ayurveda, Diabetes is known as Prameha. If neglected, it leads to Madhumeha. The management in Ayurveda for Diabetes prevention is through Ahara (food), Vihara (lifestyle) and Aushadhi (medicine). Our focus is on holistic lifestyle adjustments to promote overall health and well-being.



Eye Care Management Retreat

At Raga Svava, we understand the strain tired eyes endure. Our Eye Care Retreat is dedicated to revitalizing your eyes and providing much-needed relief.

Through a blend of Ayurveda practices and Shuddhikriya techniques, our treatments aim to nourish your eyes and enhance vision. From traditional therapies to specialized topical treatments, we offer a comprehensive approach to eye care.





Philosophy of Guest Care

At Raga Svara, our goal is to transform your inner being. We believe that this transformation can only come to fruition with the collaborative efforts of Ragis (our guests) and our team of Ayurvedic Vaidyas (doctors), yoga gurus, therapists, chefs, etc.

RETREAT INCLUSIONS

- Luxury accommodation
- All meals
- Yoga and meditation sessions
- Access to all retreat facilities
- Pick up/drop off from Rajkot Airport
- Ayurveda therapies
- Doctor consultations
- All campus programming
- Wi-Fi

Places to see around Raga Svava

PALITANA AND SHATRUNAYA HILL

Palitana, 150 km southeast of Raga Svava, is a bustling town serving pilgrims visiting Shatrunjaya Hill, a sacred Jain site with hundreds of intricately carved temples. The climb to the summit involves over 3,750 steps and offers stunning views and historical temples like the Adinath Temple. The best time to visit is from November to February, especially during the Kartik Purnima festival. The hilltop temples were built over 900 years, beginning in the 11th century, and were restored after being destroyed by invaders in 1311 AD.



Places to see around Raga Svara

THE GREAT RANN OF KUTCH

The Rann of Kutch is a vast, breathtaking expanse of cracked earth with small oases and shrub forests, home to pink flamingoes and wild asses. Tribal hamlets showcase Kutchi embroidery, tie and dye, leatherwork, pottery, bell metal craft, and Rogan painting. Nearby, the Little Rann of Kutch hosts the 4,953-sq-km Wild Ass Sanctuary, home to the Indian wild ass, blue-bulls, blackbuck, and chinkara. The area was once part of the Arabian Sea but transformed into a seasonal marshy salt desert due to geological shifts. During monsoons, it fills with water, while in summer, it becomes a dry, salty land.



Places to see around Raga Svara

BHUJODI HANDICRAFT VILLAGE

Bhujodi, a small town 8 km southeast of Bhuj, is a major textile and craft hub, home to the Vankar community specializing in weaving, tie and dye, and other crafts. The town features craft centers like Ashapura Crafts Park, Shrujan, and Hiralaxmi Craft Park. Within the 45,674 km expanse of Kutch, Bhujodi is easily accessible for travelers. Each household is typically involved in some form of handicraft.



Places to see around Raga Svara

STATUE OF UNITY

The Statue of Unity, standing at 182 meters (approximately 600 feet), honors Sardar Vallabhbhai Patel, India's first Home Minister and architect of the country's unity. It symbolizes Gujarat's tribute to Patel's dedication to public welfare, overlooking the Narmada River and Sardar Sarovar dam. Built on Sadhu Bet hillock, it's connected by a 300-meter bridge from the mainland. Indian farmers donated their used farming equipment to contribute iron for the statue, totaling around 5000 tonnes. Inside, an in-house museum details the construction and history of Sardar Patel.

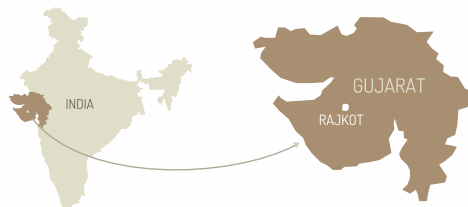


Places to see around Raga Svara

GIR NATIONAL PARK

Gir National Park in Gujarat, India, renowned for its Asiatic lions, also hosts a diverse bird population with over 300 species including resident and migratory birds like the Indian Pitta and Paradise Flycatcher. Rare species such as the Bonelli's Eagle and Crested Serpent Eagle can also be found there. Visitors can enjoy birdwatching alongside jungle safaris to spot wildlife like leopards and sambar deer. The ideal time for birdwatching is from November to February, during the park's winter season when migratory birds are plentiful.





Our campus is a 45 min drive from Rajkot (Hirasar) International Airport.

For reservations:
www.ragasvara.in

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