



Ayurveda and Yoga - The Way Forward An Address from our Managing Director

Dear Guests,

I hope you, your family and your near ones are doing well and staying safe.

The COVID 19 pandemic has cut the lifeline of the travel industry, shutting down borders and entire countries. Such a situation seemed unimaginable just a few months ago for everyone. I am hopeful that with the easing of travel restrictions we will soon be able to welcome you back at our retreats.

Pandemics are not new to the world. Even in Charaka Samhita [Ancient Ayurveda Grandhas/Books] we can find descriptions about pandemics and the measures and precautions to be taken during that time. Ayurveda clearly describes the way to manage such pandemics.

As you are aware the virus is dangerous to those who have poor immune systems, who are overweight and who don't have a healthy heart or lungs. Ayurveda & Yoga boosts immunity and helps to prevent diseases thus favouring the wellbeing of each individual to lead a healthy, happy, comfortable and advantageous life-physically, mentally and socially.

At our retreats, we have always placed the highest emphasis on the safety and holistic wellbeing of our guests and we have now reinforced our commitment by exacting these standards of cleanliness and hygiene through social distancing and with contactless services.

The past two months have given us the opportunity to plan and implement even more meticulous measures complying to our affiliation with the esteemed National Accreditation Board for Hospitals & Healthcare Providers (NABH) - the country's leading standards organisation for sanitation, hygiene, safety and infection control practices and also with the Ministry of Tourism guidelines. Our stringent safety standards have been attached along with this mail.

These standards and procedures are supervised by a dedicated hygiene and safety specialist as well as by senior members of our resorts management team. We will continue to enhance these standards in accordance with any new guidelines and best practices as well as from feedback we receive from our guests.

Every effort has been made to ensure our properties continue to be the safest and most desirable option for our guests and our employees.

As always, our guests are at the forefront of our thoughts, we pray for your safety and good health.

Once again thank you very much for all your support and let's stand in solidarity for a brighter future.

With Best Regards,

Ranjit Mathew
Managing Director