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Swaswara

Weight loss program – 14N

SwaSwara, Gokarna, Karnataka, is a nature-focused wellness retreat by CGH Earth that combines personalised wellness practices, mindful eating, yoga and holistic therapies. For a weight-management programme, the approach can focus on healthy dietary habits, physical activity, relaxation and sustainable lifestyle changes. The programme should be tailored to the guest's individual needs following consultation with the wellness team.

Important note: SwaSwara's official website does not currently list a dedicated weight-loss package among its published programmes. Its offerings include Ayurveda Rejuvenation, Panchakarma, Detox & Cleanse and other wellness programmes.

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**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**

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Swaswara

Weight loss program – 14N

Cost:

Single – Euro 5295

Double – Euro 8249

Package Inclusion:

- **Consultations**
- **Accommodation**
- **Treatments**
- **Massages**
- **Oils**
- **Herbs**
- **Yoga**
- **meditation**
- **meals during your stay.**
- **The price includes pick up and drop from Goa's Dabolim Airport and Mopha Airport.**
- **5% GST include**

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