

THE WAY OF VANA FOR VANAVASIS

Vana is a journey. One of deep intention and personal transformation. A place for those that seek wellbeing. There are certain guidelines and restrictions below that create just the right amount of self-discipline and an environment for comfortable coexistence. These will also help you achieve your retreat objectives better.

All the elements of being at Vana are equally important. Be it the activities you participate in, the treatments and private sessions you have, the cuisine that you experience, the people that you meet and the environment in which you simply be.

Retreat Restrictions

Please consider these carefully as they are vital for Vanavasis to be on retreat, achieve their retreat objective, maintain their privacy and sense of personal space:

- Mobile phones, tablets, smartphones, smartwatches and personal computers should not be used in any shared or outdoor spaces, excluding Sketchbook (Vana's shared working space) or in the privacy of your room
- No photography is allowed at Vana except within the privacy of your room
- Our offering of alcohol is limited to two glasses of wine during dinner time, at one of our two dining spaces or Vana's library
- We do not allow food, beverages or liquor to be brought inside the Retreat
- Smoking is restricted to a single designated outdoor space only
- A Vanavasi must be 16 years of age. Children under 16 are welcome to stay in the Casas at Vana but do not have access to Vana's shared spaces
- We do not conform to political, cultural or social benchmarks where certain people are designated as VIPs. The Retreat is therefore unable to welcome any guests that require personal security, pre-arrival inspections or other security protocols that disturb our guests, team or life at Vana
- We request that the Vana KP (kurta pyjama) be worn at all times during your retreat at Vana
- We do not allow any personal attendants or staff to accompany a Vanavasi, except for Vanavasis staying in the Casas at Vana
- Vana is strictly for resident Vanavasis only
- We do not allow pets at the Retreat, except for Vanavasis staying in the Casas at Vana
- Please note that as per traditional practice, most Ayurveda and Sowa Rigpa treatments are not offered during the menstrual cycle
- Not all treatments can be offered during pregnancy. Available treatments are personalised

Vana is a space for all beings. It is also our hope that everyone who enters Vana does so with a generosity of spirit, faith in what we do and an ability to forgive us for our mistakes.

| gaté gaté pāragaté pārasaṃgaté bodhi svāhā |

Legal and Privacy

- Vanavasis are requested to please carry their passport with a valid Indian visa (foreign nationals) or any other form of government-approved identification (Indian nationals) for our records
- Your privacy is important to us. Please visit our [Privacy Statement](#) for full details

Some things to note

Vana is very conscientious and conscious about what it wishes to be and what it is not. We aspire to do our best in every facet of our work, but we are not a place that always follows expected conventions. We are above all, a place for wellbeing.

We embrace every aspect of life. All the elements of being at Vana are equally important. Be it the activities you participate in, the treatments and private sessions you have, the cuisine that you experience, the people that you meet and the environment in which you simply be.

It is also important to note that a retreat itinerary is always designed with mutual consent between a Vanavasi and our wellness consultant. We need your help to understand you. We request you to trust us to do our work well. Treatments, consultation and private sessions are booked only after your arrival wellness consultation at Vana and cannot be booked in advance. It is necessary for us to understand you and for you to be familiar with Vana before deciding on your itinerary. We do however book your arrival consultation and an appropriate treatment to begin your retreat.

It is at times difficult to satisfy personal preferences but we will not let that compromise your retreat objectives. We have many paths to achieve the same goal and will craft the most suitable itinerary for you.

Vanavasis on longer retreats might sometimes be given a preference when it comes to certain treatments and sessions that have limited availability, to help them achieve their deeper objectives. Certain treatments and consultations are not recommended or prescribed for shorter retreats as they are unable to be of tangible benefit.

The time of certain Specialists is sometimes limited and we therefore discourage multiple consultations for short retreats or even a Specialist consultation at all.

Vana offers treatments in their most traditional and authentic form. These are often customised to achieve a Vanavasi's needs but only with a doctor's consent and without compromising the tradition.

Certain treatments may not be suitable for a person's present state of health. Our Team would not make compromises if we feel a treatment or private session is not in your best interest

Our cuisine is creative, mindful, varied and in sync with our wellness philosophy and perspective on nature. It will allow you to curate your diet at Vana with guidance from us. We can adapt to different dietary needs and restrictions while staying within our cuisine and wellness philosophies.

We encourage guests to have their meals in the dining spaces and at appropriate timings. Food ordered to guest rooms will incur a nominal charge.