



For Immediate Release

BALI'S BRAND NEW AYURVEDA DESTINATION OPENS IN AUGUST 2016

Although still fairly new to Bali, the concept of Ayurveda is spreading rapidly across the world thanks to its immense heritage of being one of the world's top holistic health systems.

This ancient Indian way of living a healthy life will now have a truly professional representation in Bali with the upcoming opening of **ONEWORLD ayurveda**, a brand new, fully dedicated Ayurveda resort in the rice field terraces near Ubud. The retreat adopts the authentic Indian style of Ayurveda and will apply the same quality principles in its operation that were established by ONEWORLD retreats in 2003.

This 12 comfortable room retreat centre is dedicated to authentic Panchakarma or PK. A Panchakarma is the ultimate and most effective healing experience in the science of Ayurveda. It is a pure detoxing and purification program, its name means *five therapies*, namely Vamana, Virechana, Basti, Nasya and Rakta Mokshana. These therapies are treatments that are part of each guest's personalized program.

'The benefits are remarkable. Doing a PK is offering the Self me time at a deeper level. It is a gift that our body, mind and soul deserve once in awhile and allows rejuvenation', says Claude Chouinard, founder of the project.

Besides rejuvenating the mind and the body cells while the program progresses, it also strengthens the immune system and restores balance and well-being.

On the border of a quiet Balinese village of a few hundred inhabitants, the location offers generous areas of bamboo forest, lush tropical gardens, permaculture herbal gardens as well as daily food preparation classes and a yoga and meditation shala overlooking rice terraces in addition to the resort's heart, the amazing, state of the art Ayurvedic healing treatment centre.

As an authentic Ayurvedic centre, **ONEWORLD ayurveda** does not offer packages or pre-made programs. Everyone's experience is tailor-made after the initial doctor's consultation and supervised and adjusted in the daily consultations to allow for optimal results for each guest. A PK stay at **ONEWORLD ayurveda** can last 7/10/14/21/28 days.

The team of experts at **ONEWORLD ayurveda** is headed by Dr. Aparna K. BAMS, MD, PhD (Ayurveda), one of the few specialists in the world with a PhD degree in Ayurveda. Born into an Ayurvedic family operating a traditional Ayurvedic Panchakarma hospital in Kerala, India, she grew up observing her father, Dr. Padmanabhan – also awarded the best physician by Ayurveda Medical Association of India - treating hundreds of patients successfully in his over 35 years of practice. Dr. Aparna will be assisted by Dr. Vignesh and a team of well trained Balinese and international therapists.

ONEWORLD ayurveda has been created by ONEWORLD retreats - Bali's premier yoga retreat destination - and has as its mission to initiate a comprehensive Ayurvedic lifestyle to the Western world at its Balinese location.

Each guest's individual experience is the focus at **ONEWORLD** ayurveda, we believe that a series of warmhearted experiences takes one closer to happiness and overall well-being. Over the years, thousands of guests have experience our hospitality in the area of yoga retreats - now we take this venture to a higher level by focusing on health and wellness.'

ONEWORLD ayurveda starts welcoming guests from August 1, 2016.

Bookings can be made as of July 2016.

All inclusive Panchakarma experience

7 days – from US\$ 2,750.

10 days – from US\$ 3,900.

14 days – from US\$ 5,450.

21 days – from US\$ 8,200.

28 days - from US\$ 10,750.

<http://www.oneworldayurveda.com/>