



Our New Junior-Suites

For the discerning traveler, we have now established three Junior-Suites, each consisting of separate living- and sleeping-areas, a bath and either a terrace or balconies. Enjoy your Ayurvedic treatments in the luxury of our suites with added space and relaxation.



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Each issue of our Newsletter is dedicated to one topic covering this broad spectrum of widespread diseases. Our topic of today:

Asthma from the Ayurvedic Perspective

Asthma is a disease of the respiratory tract. Asthmatic people find difficulties in breathing due to a constriction or narrowing of the respiratory tract, especially the trachea. Bronchial asthma can be triggered by a host of factors such as dust, allergies, some foods, clothes, hair, or it could be genetically caused.

In Ayurvedic medicine asthma is known as „Swasa Roga“. Roga is caused by contamination of the doshas. Roga can occur in various forms:

- When Vata is too dominant, the throat is irritated and dry.
- When Kapha is too dominant, the ratio of moisture and lubrication (Shleshaka kapha) is disturbed. Together with the bodily waste products (Ama) in the system, it produces excessive mucus.
- When Pitta is too dominant, the bronchi are irritated, which produces toxins (Amavisha), a clogging of the bronchial tubes and excessive thirst and internal body heat. Breathing often becomes difficult.

The priority in Ayurvedic treatments of asthma lies in the excretion of accumulated toxins and the restoration of the balance of the three doshas. Great emphasis is also given to a change in diet. Those affected learn to respect their bodies' signals again, and to adjust their eating habits according to their constitution and illness.

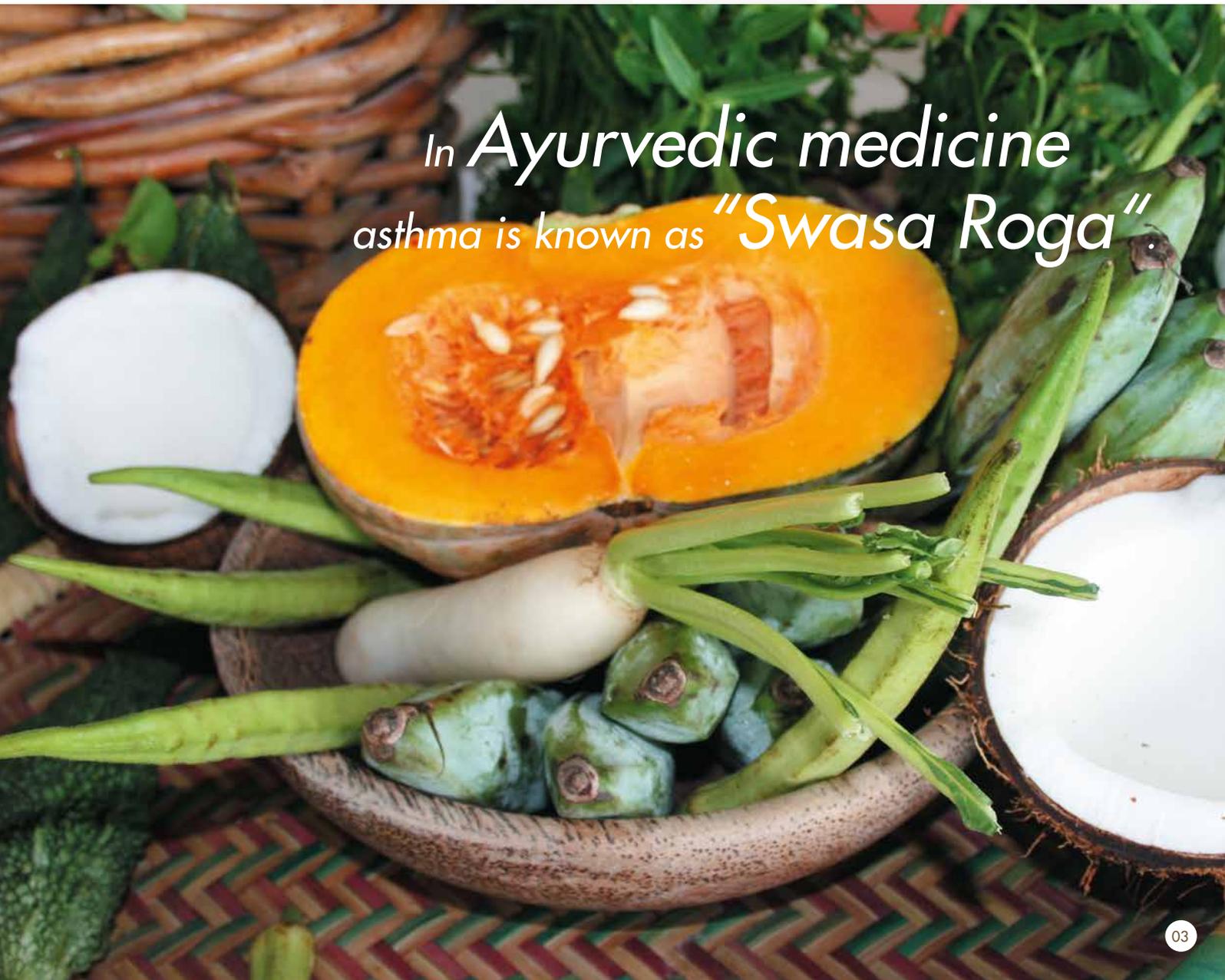
It is generally recommended to avoid cold drinks and cold food, as cold food might block the airways causing further difficulty in breathing. Also avoid bathing in cold water (eg in a swimming-pool, in the sea) after four o'clock in the afternoon. Equally negative is the impact of foods that are classified as „cold“ according to Ayurveda, such as cucumbers, spinach, watermelon. Recommendable are „hot“ food items such as black pepper, cardamom, goat milk, and carrots. ►



The intensive cleansing process of Panchakarma treatments will remove toxins (Ama), which have led to the emergence of asthma, so that real healing is possible. In many cases a nasal rinse with special oils is prescribed. Also fermentations are applied and inhalation to improve breathing.

Moreover, Ayurvedic natural remedies are given in order to resolve the spasm of the bronchial tubes, to dissolve thick mucus, and facilitate its excretion and to activate the metabolism. These remedies include special decoctions, tonics, pills, powders and pastes, all of which support the healing process.

Another component of the healing process consists of various relaxation techniques and breathing exercises. Doctors will generally recommend the practice of regular yoga and meditation. Meditation helps to relax the organs, which leads to activation of the natural healing powers.



*In Ayurvedic medicine
asthma is known as "Swasa Roga"*



The year 2013

at Ayurveda Paragon

For the upcoming year, we have compiled a range of interesting specials, consisting of traditional holidays and the Sri Lankan way of celebrating them and special programmes for your health and well-being: ►



During the month of April, we offer our **Weight-Loss Programme**. Lose weight sensibly and under medical supervision. To assist you in your weight loss, our Yoga-teacher offers **Dru-Yoga**, a special Yoga for increased body-awareness. Lectures and round-table discussions covering the subject of weight-loss from the Ayurvedic viewpoint will help you to better understand the coherences between nutrition, metabolism, lifestyle and weight-loss

On April 13th and 14th, Sri Lanka celebrates the Sinhalese and Tamil New Year with a multitude of religious and traditional customs. Join us in these colourful celebrations to welcome the New Year.

April 2013



- **Family Weeks at Ayurveda Paragon for Parents with Small Children:**

- Children up to the age of 10 lodge free (max. 2 children)
- Nanny-service included
- Free visit to a turtle-hatchery
- Special kids Yoga by our in-house Yoga-teacher

- The **great lantern festival** for **Vesak full moon**. Experience how the whole island is illuminated by hand-made lanterns.

- **No single-room surcharge** from May to September. **Save even more** by staying in one of our **garden-rooms**.

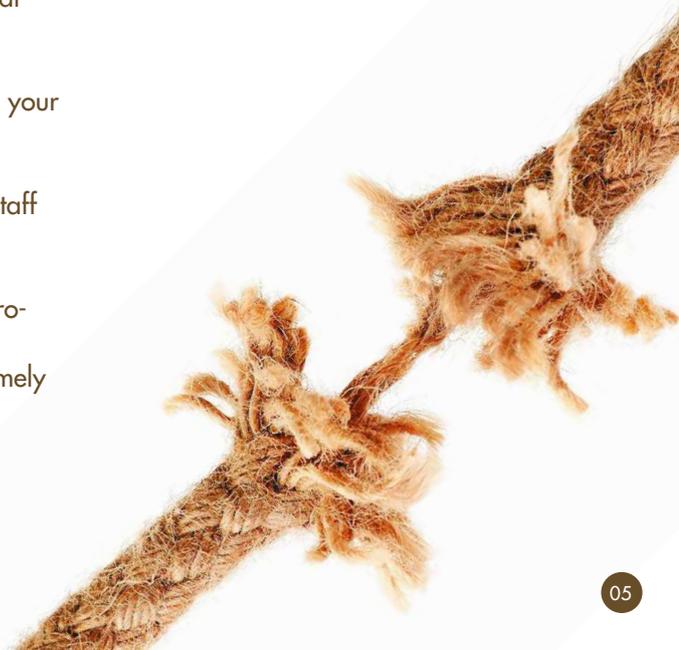
May 2013



- **Burnout-Weeks**

- Special Ayurvedic treatments and remedies to target this particular problem.
- Special Yoga and meditations to relax body and mind and bring your spirit back into balance
- During this off-season time, our doctors and our guest relations staff have ample time for in-depth talks with you
- In June we celebrate **Poson Full Moon**, commemorating the introduction of Buddhism in Sri Lanka. Officially, this is rainy season. However, during the past few years the island has enjoyed extremely beautiful weather during this time.

June/July 2013





August/September 2013

Paragon DeLuxe:

Enjoy your stay at the Ayurveda Paragon within the luxury of our Suites with a comprehensive package of free additional services.



Master-Suite Spezial:

two separate bedrooms, two bathrooms, sitting-room, study and a huge terrace

- Individual airport transfer
- Private butler, who is at your personal service during your stay with us.
- Private dinner in your Suite on your first and last evening with us.
- Private consultations with your doctor in your Suite
- Private treatments in your Suite
- 14 nights: Euro 2.632 per person, min. 2 Persons



Junior-Suites Spezial:

separate sitting- and sleeping-areas, bathroom balcony or terrace

- Individual airport transfer
- Private dinner in your Suite on your first and last evening with us.
- 14 nights: Euro 2.212 per person, double-room occupancy
- **Esala Full Moon** marks the beginning of three months of fasting and of the first sermon held by Buddha.
- This is the last month to enjoy a stay **without single room surcharge** or a **garden room at reduced prices.**

October 2013

Our wonderful **Hotel Birthday**. Join us and celebrate another successful year of Ayurveda Paragon together with us.

December 2013

As every year, we will celebrate Christmas and New Year's Eve in our very own and special way. Escape the cold winter while improving your health and well-being at Ayurveda Paragon during the holiday-season.



Meet our *Staff Members*

After our drivers, who pick you up at the airport, he is one of the first people at the Paragon whom you are most likely to meet: Mr. Gayan Manjula Deeyagahage, in short simply called "Mr. Gayan".

Mr. Gayan is originally from Ahangama. After his schooling, he attended the hotel school in Weligama, which is also where he met his wife, to whom he is married since 1999.

After his studies in hotel school, Mr. Gayan initially worked in Dickwella and Koggala as receptionist, before he joined the Ayurveda Paragon. His first position here was also that of a receptionist.

Together with his wife and their daughter Indu (11) and their son Danidu (7) Mr. Gayan lives in Ahangama.

In his free time, he likes to share his passion for cricket, volleyball and football with his children. He is also the coach of the Paragon cricket-team, which competes with teams of other hotels once a year. He himself also plays cricket in a club.

He enjoys his job as reception supervisor because it enables him to meet people from different cultural areas and gives him a chance to extend Sri Lankan hospitality and kindness to our guests.



*Mr. Gayan
Manjula
Deeyagahage*



Staying Healthy In Winter With Ayurveda

Just as the days have their natural rhythm of Vata, Pitta und Kapha, the year is marked by its seasons and the basic energies. Fall and winter (mid October to March) are associated with the Vata-energy – cold, dry and windy. Now is the time for Vata-related illnesses such as cold, sore throat, respiratory infections, chapped lips, dry skin, irrational fears, forgetfulness and sleeplessness.

If you want to avoid a cold or flu this year, you should first and foremost make sure to dress in warm clothes. Cold weather and chilly winds attack your immune system and open the doors to a cold or flu. ►





Favour a warm, nourishing diet to pacify Vata without aggravating Kapha: we're designed to eat more in winter, adding a few pounds without guilt! However, it must be the right types of foods to nurture whilst minimising congestion. Rice, barley, rye, healthy oils (ghee, coconut, linseed, avocado, hemp, olive), and seasonal root vegetables in soups and stews are all recommended. Avoid Vata aggravating non-seasonal food, such as salads. Have a warm breakfast (porridge is excellent) and end the day with hot milk and warming spices (ginger, cinnamon, cardamon).

The basic principle for an Ayurvedic diet to bolster your immune-system and to maximize the chance of staying healthy: Nothing cold, light and easy to digest food, nothing sour.

Should you nevertheless have caught a cold, eat very little and very lightly, especially in the early stage, before the illness really takes hold of you. Avoid cheese, butter, meat, eggs, fish, cakes, very fatty and raw food for your evening meal. These burden your metabolism, which is now busy fighting the symptoms. Also they increase your Kapha and prevent the transport-processes within your body, especially the airways.

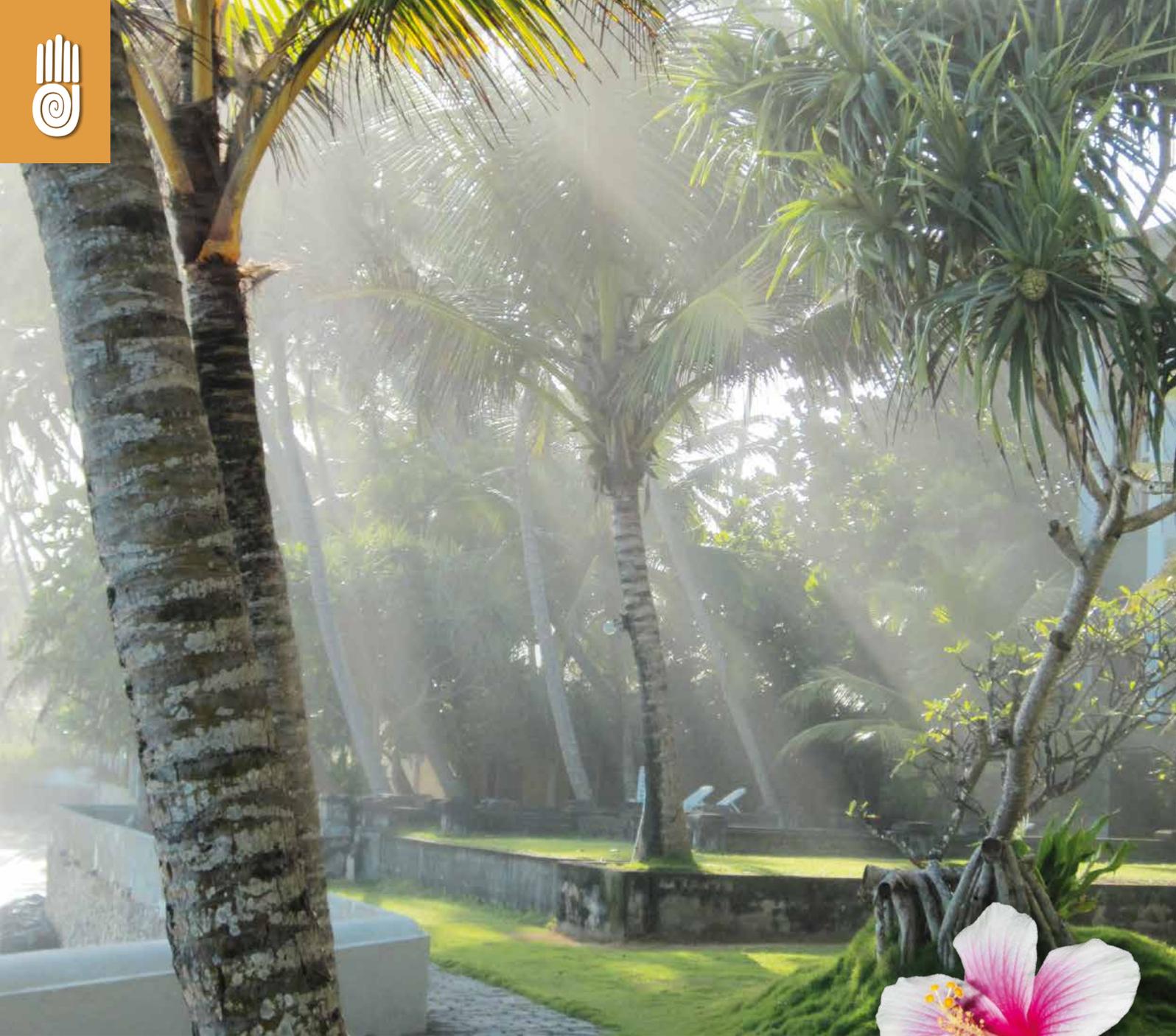
One or two days of fasting with a lot of hot tea, vegetable soups or light vegetables (e.g. zucchini, pumpkin, carrots, eggplants, beetroot, onions and a reduced quantity of potatoes and rice are recommendable during this stage. This will support your inner fire (Agni), which is often weakened in the early stages of an illness.

Any cold food will weaken your metabolism and disturb Vata and Kapha. This includes food directly from the fridge as well as raw food and all food items, which are cool by nature from the Ayurvedic point of view, such as bananas, oats, coconut, cucumbers, milk and butter.

Most of this food is sweet by taste. In contrast, food which has heating properties is recommendable. Ayurveda in general is very hesitant with sour food. It increases inflammatory reactions, irritates the mucous membranes and creates an environment within the body which is not beneficial for the healing process. Therefore, Ayurveda would also not recommend excessive amounts of Vitamin C in sour fruits.

Instead, Ayurveda advocates the increased supply of bitter foods and remedies. The bitter taste creates an environment in the body which causes poor living conditions for a variety of pathogens (bacteria, viruses, fungi). In our kitchen, bitter substances are rare (except in bitter salads such as radicchio and chicory, which can be prepared very nicely as a warm meal). We therefore resort to the more spices and herbs.





Contact *us*

Call us any time. We'll be happy to be of service to you!

You can reach us Monday to Friday from 09.00 to 19.00 hrs. and Saturday from 09.00 to 13.00 hrs. CET. During other times, please leave a message for us on our answering machine and we will return your call shortly.

From Germany, Austria and Switzerland, our freecall No. is **00800 466 46678**. If you are calling from the U.S., please use our toll-free No. **(888) 233 1156**. From all other countries, you can reach us at +94 91 438 4886 to -4888.



Our rates for *your* rejuvenation at Ayurveda Paragon

Winter Offer (01 October 2012 – 31 March 2013)

Duration of Stay	Basic price p.P.	Single Occupancy	Roof-Terrace Double Occupancy p.P.	Roof-Terrace Single Occupancy
14 Nights	1.974 EUR	2.142 EUR	2.198 EUR	2.366 EUR
21 Nights	2.835 EUR	3.087 EUR	3.171 EUR	3.423 EUR
28 Nights	3.640 EUR	3.976 EUR	4.088 EUR	4.424 EUR

Special Offer in the months of May to September: No Single Room Surcharge.
Save even more by booking a garden room on the ground floor during summer months.

Summer Offer (01 April 2013 – 30 September 2013)

Duration of Stay	Ground Floor Double p.P.	Ground Floor Single	1 st + 2 nd Floor Double p.P.	1 st + 2 nd Floor Single	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	1.582 EUR	1.750 EUR	1.722 EUR	1.890 EUR	1.946 EUR	2.114 EUR
21 Nights	2.268 EUR	2.520 EUR	2.478 EUR	2.730 EUR	2.814 EUR	3.066 EUR
28 Nights	2.856 EUR	3.192 EUR	3.136 EUR	3.472 EUR	3.584 EUR	3.920 EUR

Our Prices will remain stable during the next winter season!

Winter Offer (01 October 2013 – 31 March 2013)

Duration of Stay	Basic price p.P.	Single Occupancy	Roof-Terrace Double Occupancy p.P.	Roof-Terrace Single Occupancy
14 Nächte	1.974 EUR	2.142 EUR	2.198 EUR	2.366 EUR
21 Nächte	2.835 EUR	3.087 EUR	3.171 EUR	3.423 EUR
28 Nächte	3.640 EUR	3.976 EUR	4.088 EUR	4.424 EUR

Season Surcharge from 20 December 2013 – 10 January 2014: 84 Euro per week per person.

Repeater's Discount

Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings made through a travel agency.

Discount is calculated from the basic room rate.	2 nd – 5 th Visit	6 th – 10 th Visit	from 11 th Visit
	5%	10%	15%

Needless to say we will be happy to provide you with an offer for your individual duration of stay and your flights according to your desired departure airport just as well. You can also calculate the price of your individual stay on our website www.paragonsrilanka.com under "Prices and Reservations".

Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted to find your comments in our guest-book at www.paragonsrilanka.com.

If you tell your friends about us, you will receive a coupon worth 50 Euros for each new booking based on your recommendation (booking should be a minimum of 14 nights), which will be reduced from the cost of your next cure at Ayurveda Paragon. Of course you can use this coupon as a gift to friends just the same.

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info@paragonsrilanka.com
From the United States, please use our freecall-no. (888) 233 1156.



*»There is no path to happiness.
Happiness is the path.«*

Siddharta Gautama