

# Ayurveda Paragon Newsletter

## 20 Years Ayurveda Paragon

This year the Ayurveda Paragon Hotel celebrates its 20th anniversary. Sri Lanka, coined as the teardrop of the Indian Ocean has gone through many trials and stipulations since the opening of Ayurveda Paragon in autumn of 1996. The country faced some challenging times caused by a war, Tsunami and changing governments. But the resilience of Sri Lanka is ever so present today in its ability to attract numerous international tourists to this unique land rich in tradition and culture that appeals to all senses. Sri Lanka with its vast history is creating a profound name for itself in the international markets as a top Ayurvedic destination.

The Paragon itself has enlarged and now consists of 68 guest rooms, including four Junior Suites and a Master Suite that are at the disposal of our guests. A new highway filled with scenic views shorted the transfer time to and from the airport, and new fleets of cars were purchased to make the journey safe and comfortable. To still achieve the best results of the cure for our guests, the health centre – together with the team of doctors – is constantly extending the repertoire of treatments and therapies. By offering different Yoga and meditation programs the options besides the Ayurvedic cure are extended and renewed. With each new step we follow the philosophy to preserve our quality, tradition and authenticity. In approaching this milestone of celebrating our 20th anniversary, we would like to take this opportunity to say thank you to our loyal guests, for your confidence in our house, our staff and our concept. We say thank you to our employees – to those that have been with us from the beginning, to former and to new ones. Without them the Paragon would not be what it is: A place worth returning to, to rejuvenate, to recover and to recharge.

The concepts offered at Ayurveda Paragon are expanding in the coming years. An organic vegetable farm cultivated by experienced Sri Lankan farmers will provide the food consumed by our guests. A large undertaking that is currently in progress is a new Ayurveda resort located in Koggala Lake, minutes from Hotel Paragon, which will provide our guests with an alternate location for our cures in a luxurious setting that also includes of a meditation center and yoga center.

**In celebrating the past 20 years that you have been with us and the future developments to come, we invite you to join us in this momentous occasion taking place at Ayurveda Paragon on October 23rd and 24th of 2016.** Contact our reservation team for a corresponding offer. No matter whether during our birthday month or at any other time – we look forward to welcoming you.

Your Paragon Team

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# Ayurveda and Iyengar-Yoga

## Pranayama – the Yoga-Breathing

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. With every breath we nourish our body, our mind and our soul. With our breathing we can influence our emotions and our body functions. Also when practicing Yoga, the right breath is one of the most important components. Therefore, very often the Yoga practice starts with Pranayama, certain breathing exercises. Pranayama harmonizes body and mind and intensifies the effects of Yoga. It originates from life energy (Prana) and control (Ayama), therefore referring to the mindful control of life energy.

Pranayama creates a balance between admission of oxygen (inhale) and delivery of carbon dioxide (exhale). In our daily life, we often do not pay attention to our breathing. Especially in stressful situations our breathing gets flat and therefore the admission of oxygen is reduced. On a long-term basis this can lead to heart problems, sleep disorders and reduced performance. With Pranayama you can practice regular, deep breathing to improve your physical and mental balance. Furthermore it can strengthen ones immune system to feel vitalized.

Pranayama contains different breathing exercises like the following:

### 1. Puraka – Inhale

Take a breath. Calm and steady.

### 2. Abhyantara Kumbhaka – Pause after inhale

After inhaling hold your breath mindfully for some seconds.

### 3. Rechaka – Exhale

Exhale calm and steady.

### 4. Bahya Kumbhaka – Pause after exhale

After exhaling hold the breath for one second and then start again.

In our newsletter number eight we explained the interaction and the positive effects of Yoga and Ayurveda. Both teachings have common roots and complement each other perfectly. They support the rejuvenation as well as the preservation of the vitality and contribute to physical and mental benefits.

At the Ayurveda Paragon different Yoga styles are practiced. Especially for persons with physical limitations Iyengar Yoga has been proven.

Iyengar Yoga is a form of Hatha Yoga, named after the Indian B. K. S. Iyengar (\*1918–†2014). Born as the eleventh of thirteen children he has been suffering from different diseases since his birth. At the age of 15 he starts practicing Yoga. Bit by bit he learns the different Asanas (postures) and his health condition increases until he is completely healthy.

In 1937 he starts to teach Yoga and invests many hours to develop his technique. It is characteristically for his style, that he uses tools like belts, bricks or pads to intense the Asanas or to relieve the body parts.

Practicing Iyengar-Yoga on a regular basis increases the awareness of the body. Furthermore it supports concentration and relaxation. During your stay in the Ayurveda Paragon we recommend a daily visit to one of our Yoga lessons to support the success of the cure.



*»Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.«*

*B.K.S. Iyengar*



# Treatments at the Ayurveda Paragon

At the Ayurveda Paragon, within the scope of the cure we draw on a repertoire of up to 45 treatments. Our very own Dr. Wijayarathne in house introduced some of them. Continuously new treatments are added, to achieve the best possible results of your cure. Some of our more recent treatments we present hereafter:

## *Kangidara*

The Kangidara therapy has been integrated just recently into the scope of treatments at the Paragon. For this treatment, a mixture made of red rice, cow milk and a special herbal decoction is produced in a decoction process. In a 30-minute treatment the nourishing mixture is poured on all four sides of the body by two therapists. Thereby, it has a healing effect on the nervous system. Furthermore people with weak muscles benefit from the treatment as well as patients of multiple sclerosis, arthritis or paralysis. In addition to that, it is used for potency improvement. After approximately 30 minutes all leftovers of the Kangis are grinded and massaged in the body. The rejuvenating peeling treatment takes another 20 minutes.

## *Garlic-bee honey paste*

The garlic-bee honey paste is a mixture made of garlic, bee honey and ghee. It is massaged in the soles, which has a soothing and relaxing effect, especially helpful for patients with stress symptoms and sleeplessness.

## *Thakra Massage*

Thakra massage is a 30-minute full body treatment during which two therapists massage a special cream made of cow milk and an herbal decoction synchronously onto the patient's body. It is recommended for patients with dry skin. People, who have low blood pressure and a lack of power benefit from the energizing effect of this treatment.



## *Shira Massage*

During this 30-minute treatment a cream made of milk rice and herbal decoction is synchronically massaged in the body by two therapists. This massage has a soothing effect on the nervous system, helps to heal paralysis, cold feet and hands as well as arthritis. It increases the body energy and stimulates pigment cells, which has a rejuvenating effect. The rejuvenation of the joints is also supported by this treatment.



# Sinusitis from Ayurvedic perspective



## Do-it-yourself tips:

- Boil two litres of water. Add two basil leaves, two thin slices of ginger, four stems mint, two pieces of cloves and a quarter teaspoon of Eibisch root. Drink this combination during the day.
- Decoctions for steam bath including thyme, chamomile and lavender. Thyme is a strong germ-inhibitor and also expectorant. Chamomile inhibits the inflammation processes and the growth of bacteria. Lavender among others, promotes blood circulation.
- Inhalation with simple steam can open the paranasal sinuses and relieve the sinusitis.
- Multiple times soak up warm oil with Kalmus (Asian marsh plant) or mild ghee (clarified butter) with the nose to the frontal sinuses. The mucous membrane goes down and the secretion drains away more easily.
- Store your head elevated when lying down.
- Provide sufficient humidity in the room.

The constant runny, irritated nose is commonly experienced in the cold winter months. Sometimes also accompanied by flu symptoms. Whether it is a cold or a sinusitis, which means an infection of the paranasal sinuses, is easy to find out according to the symptoms. The symptoms can be: pressure on the area of the cheekbones or above the eyes (strengthened during bending, coughing, sneezing, concussions), headache, face pain, tooth pain, general exhaustion, and increased nasal secretion. If these symptoms are persistent past a 14-day period, the danger of a chronic sinusitis is high. After more than 12 weeks without a complete recovery a chronic disease can be diagnosed. Mostly cold, flu or allergies cause an infection of mucous membranes of the paranasal sinuses or of the frontal sinuses. Also suppurations of tooth roots or bacterial infections can lead to infections of the paranasal sinuses.

From an Ayurvedic perspective sinusitis is an imbalance of the three doshas. Mainly there is an imbalance of Vata (head, brain, mind) and Kapha (humidity, lubrication). These disturbances cause a toxic slime formation called Shleshma. Shleshma consists of Ama (waste product after digestion, also called slag), and Shleshaka Kapha (joint slime). This slime blocks the sinus channels and hides the bacteria in the sinuses, which could then spread over time.

These disorders are caused by:

- pollution
- alternately warm and cold weather
- lack of sleep
- deficit of exercise
- unhealthy way of life

From an Ayurvedic perspective a consequent nutrition is recommended. Eat regularly and do not miss a meal, this can lead to indigestion and formation of toxin. A regular bowel movement supports to detoxify the body. You should follow these points:

- drink a lot to liquefy the slime, warm water or tea is the best
- drink water with spices, this detoxifies and purifies the sinuses
- avoid milk products and gluten
- eat your food not too hot or cold
- warm, easily digestible meals
- fresh fruits and vegetables
- avoid: bananas, eggplants, paprika, tomatoes, these block the channels



Days are getting longer and winter months are slowly coming to an end. Kapha time is back. During the winter months metabolic waste and toxins have accumulated in the body and it is essential for the transition of the season to keep the balance of the doshas. Prepare your body for spring time and strengthen your immune system. This is not so difficult – heed some of the Ayurvedic advices from our doctors and do something good for you and your body.

## Healthy Ayurvedic tips to start the season

In the morning, get up as early as possible. Around six am is the best time. Drink one glass of warm water. For a change you can add ½ tea spoon of honey and one table spoon of lime juice. Grant yourself a self massage with sesame oil, it stimulates the circulation and calms down the nervous system. It promotes the general well-being and supports the digestion power. For the massages it is advisable to use matured sesame oil. Before starting the massage heat the oil, so it is refined, highly fluid and absorbs better to the skin. For strengthening the local defenses, rub in one drop of nose reflex oil in both nostrils. After brushing your teeth, clean your tongue with the tongue cleaner to remove plaque which has accumulated during the night. During the day drink two liters of warm water; it supports the purification and regeneration of the body.

Follow the advices of your Ayurveda doctor – generally in this time a light breakfast is convenient. For lunch eat extensive with the taste of salty/sour, completed by light food in the evening. To keep you fuller for longer, drink plenty of water between meals.

Keep especially your head and neck warm. Move daily in the fresh air – even if the weather is just not inviting you. Relax in the sauna and stimulate the defense mechanisms of your body.

Respire multiple times a day a few deep breaths and slowly exhale. Try to go to bed a little bit early and you will notice that you are more fresh and vital in the morning.

We wish you a good health!

Your Paragon doctor team  
(from left to right)  
Dr. Chaturika  
Dr. Poshini  
Dr. Buddhike  
Dr. Wijayarathne





# Meet our Staff Members

## Did you know?

### *Turmeric strengthens the immune system*

Turmeric – also called curcuma or Indian saffron, has been used in Ayurvedic medicine for thousands of years. It has anti-inflammatory characteristics and a preventative effect on colds. It strengthens the immune system and harmonizes the paranasal sinuses. On cloudy days the yellow color of the sun helps to cheer up the temper.

### *Hot turmeric milk\**

- 1 ½ cups of coconut milk  
(or water as a low-fat alternative)
- 1 tea spoon turmeric
- 1 cm fresh ginger
- ½ tea spoon cinnamon
- 1 pinch of black pepper
- 1 tea spoon of honey

Heat milk (or water) in a pot. Add turmeric, cinnamon as well as honey and let it cook on the stove until milk (or water) has a dark orange color.



\*This drink is not recommended for persons with general stomach problems, heartburn, stomach ulcer or gastritis.



### *Beruwalage Sudath Janaka De Silva* *Head of Accounting*

This year our Mr. Sudath is celebrating his personal anniversary at the Paragon. We say thank you to you for 15 years of loyalty and being an essential part of this paragon team.

Most of you will probably ask now: Who is Mr. Sudath? The answer is: Our good soul behind the scenes. He is the head of accounting and leads a financial team of ten employees. Mr. Sudath loves his work. As a special challenge he mentions the continuous development and optimization of existing accounting processes.

Mr. Sudath grew up with three sisters and one brother close to the city of Galle. After his A-levels, he completed his education as an accountant in Colombo. During this time he was lucky to live with his relatives. After successfully completing his education, he went back to the coast. At the beginning, he worked in Hikkaduwa in a hotel with approximately 150 beds. Subsequently he gained experience in hotels of the same chain along the coast and was also sent to a hotel in the Maldives. He stayed there for two years before he returned to his family and then discovered the advert about the Paragon in the newspaper. Lots of time has passed since then and he is still proud to be part of the Paragon team.

Privately Mr. Sudath (53 years) lives in his house in Galle, together with his wife Nishani and his two daughters Kasuni (21 years) and Kusara (16 years). At home he is not only “cock of the roost” but also “in good hands”: His wife is working as a doctor in a hospital in Galle, the older daughter studies medicine and his younger daughter would like to become a doctor after school as well. In his leisure time Mr. Sudath passionately loves to play Carrom, also called finger billiard. It is a board and skill game, which is spread as a popular sport among others in Sri Lanka. A legend says that this game is a kind of self-made alternative to pool billiard of the former colonial masters. Nowadays lots of Carrom players can be seen in the daily life of cities and villages. By the way, in 1998 the first Carrom European Championship took place in Berlin. Slowly this sport is spreading more and more in Europe. Maybe also an option for you? As experienced Carrom player Mr. Sudath will be pleased to give you some useful advice.



# Our prices for your rejuvenation

## Spring Offer (16 March 2016 – 30 April 2016)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.170 EUR	2.380 EUR	2.422 EUR	2.632 EUR
21 Nights	3.129 EUR	3.444 EUR	3.507 EUR	3.822 EUR
28 Nights	4.032 EUR	4.452 EUR	4.536 EUR	4.956 EUR

## Summer Offer (01 May 2016 – 15 October 2016)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.666 EUR	1.806 EUR	2.058 EUR
21 Nights	2.394 EUR	2.604 EUR	2.982 EUR
28 Nights	3.052 EUR	3.332 EUR	3.836 EUR

### Summer Special:

May 1st to October 15th **NO single use surcharge** and book our garden rooms for less!

## Winter Offer (16 October 2016 – 20 December 2016)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.268 EUR	2.478 EUR	2.520 EUR	2.730 EUR
21 Nights	3.255 EUR	3.570 EUR	3.633 EUR	3.948 EUR
28 Nights	4.228 EUR	4.648 EUR	4.732 EUR	5.152 EUR

## Winter Peak Season (21 December 2016 – 15 March 2017)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.352 EUR	2.562 EUR	2.604 EUR	2.814 EUR
21 Nights	3.360 EUR	3.675 EUR	3.738 EUR	4.053 EUR
28 Nights	4.368 EUR	4.788 EUR	4.872 EUR	5.292 EUR

**Seasonal Surcharge** from 20 December 2016 – 03 January 2017: 105 Euros per week per person

## Spring Offer (16 March 2016 – 30 April 2017)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.268 EUR	2.478 EUR	2.520 EUR	2.730 EUR
21 Nights	3.255 EUR	3.570 EUR	3.633 EUR	3.948 EUR
28 Nights	4.228 EUR	4.648 EUR	4.732 EUR	5.152 EUR

## Repeaters 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.

Discounts are calculated on the basic price.	2 <sup>nd</sup> – 5 <sup>th</sup> Visit	6 <sup>th</sup> – 10 <sup>th</sup> Visit	from 11 <sup>th</sup> Visit
	5%	10%	15%

**Previous price lists and special offers are no longer valid.**

\*The basic price is equal to the price in a standard room per person.  
Our standard rooms are on the ground floor, 1st and 2nd floor.

## *Ihr Kontakt zu uns*

Call us any time. We will be happy to be of service to you! You can reach our reservations office seven days a week. If you are unable to reach us during the times indicated below, please leave a message and we will return your call promptly. Monday – Friday: 08.00 to 19.00 hrs CET  
Saturday – Sunday: 08.00 to 16.00 hrs CET

### **Our telephone numbers:**

From Germany, Austria and Switzerland: Our free call No. is 00800 466 46678 – now also accessible from mobile phones.

From the U.S.: our toll free No. is 1-(888)-233-1156.

From all other countries you can reach us at +94 91 438 4886/-4887/-4888.

We will be happy to answer any questions and provide you with a price quote for your visit. You can also calculate the price of your stay at 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 welcome your comments in our guest book at **www.paragonsrilanka.com**.

Guest Referrals: When referring a guest to Ayurveda Paragon, you will receive a **voucher of 50 Euros** for each new booking based on your referral (booking should be a minimum of 14 nights). This voucher can either be applied towards the cost of your next cure at Ayurveda Paragon or it can be gifted to a friend. This offer is only valid for direct bookings made with Ayurveda Paragon.

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*Dear guests and  
friends of the Paragon,*

*We wish you Happy  
Easter and sunny  
spring days!*

*Your Ayurveda  
Paragon Team.*