



Ayurveda Paragon
Sri Lanka

Paragon »up-to-date« Newsletter

Ayurveda Paragon – Our Special Summer Programme

Ever since its foundation 14 years ago, the Ayurveda Paragon has uncompromisingly committed itself to the health and wellbeing of its guests. For many years our comprehensive cure programme has not only consisted of the traditional Ayurveda treatments coupled with acupuncture, but also includes Yoga lessons with a renowned Sri Lankan Yoga teacher as well as meditation-classes with an esteemed Buddhist monk. It is the combination of these individual components that makes body, mind and spirit re-unite in their original harmony. This summer, for the first time, Ayurveda Paragon will extend this programme by an additional highlight:

In the months of July, August and September an exquisite Qigong-class for beginners is offered, thus giving a unique chance to combine your Ayurveda cure with an introduction to Qigong. Whether you simply want to get to know Qigong or you want to optimize your cure, this beginners' class will be a definite benefit to you and your health. Easy to learn, simple exercises in standing and sitting positions will be introduced during classes taking place in our enchanting tropical garden.

Qigong is the millennia old art of enhancing your energy-flow and self-healing powers and resembles an important part of Traditional Chinese Medicine (TCM). It is often described as the combination of movement, breath and consciousness. The easy, gentle movements are accompanied by relaxing breathing-exercises, guiding your consciousness to here and now. Through the Qigong exercises, the body is actively aided to absorb and make the most of the healing impulses of Ayurveda in a very pleasant and relaxing way, thus making the two a perfect combination.

The course includes the "Qigong Principles", the "Inner Smile", the "Breathing Flower", the "Eight Brocades", chosen exercises of the 18-fold method of Taiji Qigong and the so called Qigong Walking (a special way of walking which is used for the prevention and therapy of cancer). Along the way, simple self-massage techniques to enhance the energy-flow are demonstrated. The exercises are carried out with light, loose fitting clothes, barefoot or with very light shoes or sandals.

The highly experienced instructor Nora Baldauf has practiced Qigong for more than 15 years and is a successful practitioner of alternative nutritional medicine and Asian energetic healing methods. We are delighted to have Ms Baldauf in our team during the upcoming summer.



Contents

<i>Qigong at Ayurveda Paragon</i>	01
<i>Paragon Home</i>	02
<i>Singhalese and Tamil New Year</i>	03
<i>Jewellery in the Gallery Beyond at Ayurveda Paragon</i>	04
<i>Our Staff – Sunil</i>	04
<i>The new Paragon in Galle</i>	05
<i>The Historic Fort of Galle</i>	05
<i>Winter Offers</i>	06
<i>Summer Offers</i>	06
<i>Prices – additional info</i>	07
<i>Paragon Friends</i>	08



Paragon Home

programme for *Long Term Holidays*

Highly favourable, special conditions for long-term holiday makers from 1st April to 30th September

- » Minimum duration of stay 6 weeks
- » One doctor's consultation upon arrival
- » One doctor's consultation per week thereafter
- » Ten Ayurvedic treatments per month
- » One full-day excursion per month
- » 25% discount on our regular summer-prices
- » Repeater's discount not applicable in this programme

For further information, call us at +94 91 438 4888 or (888) 233 1156 from the U.S. or send us an email at: paragonsrilanka@aol.com. We will be happy to assist you!





New Year – the Sri Lankan Way

Sinhalese and Tamil New Year at Ayurveda Paragon

On 14 April 2010, together with our guests we greeted the coming of the Sinhalese and Tamil New Year according to Sri Lankan custom. The first fire of the New Year was lit precisely at the auspicious time determined by the astrologers, and a clay pot of coconut milk was boiled to the point of overflowing. Guests and staff alike watched the event agog with expectation to see if the milk would flow into a direction promising good luck to all present.

The lighting of the traditional oil lamp was celebrated just as ceremonially. The following first breakfast of the year, consisting of the customary milk rice (kiribhat) with sweets and fruit was a very special one, not only for our staff members, but also for our guests, who had the unique opportunity to experience Sri Lankan culture at first hand during the two days of festivity.

Last but not least, according to the island's tradition, the management handed out a symbolic present of "new money" to staff and guests. It is not the value of the money that matters, but instead the new bank notes and coins are intended to bring economic fortune to the recipient in the New Year. Custom requires that the notes and coins are wrapped in a betel-leaf so that money is not handed over openly. Patiently everyone awaited their turn to receive their propitious gift from the management. Of course the event could not be held without spiritual support, which was given by monks of temples nearby, who blessed our hotel, its staff and guests alike at the end of the festivities.





Exclusive Jewellery in the »Gallery Beyond«

Many of our repeat guests remember the times when there was a jeweller at the Ayurveda Paragon who created pieces of jewellery with happy memories of Sri Lanka for them. With the opening of the new shopping arcade "Gallery Beyond", a new jeweller has also made his way to Ayurveda Paragon. Gallery Beyond offers unique single pieces in superb quality, beautiful gems and exquisite gold- and silver jewellery. The special highlight: You can watch our two goldsmiths as they turn precious metals and gems into stunning pieces of jewellery with their artful skills and craftsmanship.

Our special offer: Bring your old, unworn jewellery and have new, unique pieces made from it according to your own design. This will give you a one of a kind piece of jewellery which will forever remind you of your time at Ayurveda Paragon. Your friends will forever envy you for it.



*Sunil Walgamage
Restaurant- and Bar Executive
at the Ayurveda Paragon*

Meet our Staff Members...

In every edition of our newsletter we will introduce one of our staff-members to you. Today we start with Sunil Walgamage (45), our Restaurant Executive. His unmistakable feature: perpetual good mood. When being a guest at the Ayurveda Paragon, there is no way to get around this gentleman. Even during the most crowded times he maintains control of "his" restaurant and never loses his winning smile. He always remembers guests' preferred table, their room-number and even their most favourite food. In self-studies, Sunil has managed to acquire astonishing knowledge of the German language, which he preferably uses to joke with guests (rest assured, he jokes just as well in English language).

Sunil started his career at Ayurveda Paragon in 1996 and learned all about our hotel from the bottom up. His diligence, dedication and his popularity among guests enabled him to be promoted to Restaurant Executive in 2007.

When Sunil is not working, he spends his time with his wife Chandrika and his children Sawan (9) and Isiri (2) in Ahangama, where he has lived since the 2004 Tsunami. By his own description, he is a very modern husband who helps with household chores and takes care of the garden. When time allows, he takes his children to the beach, which he normally only sees from the distance of "his" restaurant at the Ayurveda Paragon.



Ayurveda Paragon adds Luxury...

The Historic Fort of Galle

The delightful Fort in Galle, declared UNESCO World Heritage Site in 1988, looks back on a long a lively history. Long before the arrival of the Portuguese in the 16th Century, which marked the beginning of 450 years of colonization, Greeks, Arabs and even Chinese seafarers visited Galle. This international prominence was possible due to Galle's unique harbor, which is the only one worldwide to be accessible throughout the entire year. Even Mahatma Gandhi has walked the streets of Galle Fort.

Discover the New Paragon in the Historic Galle Fort

On the occasion of its 14th birthday in October, the Ayurveda Paragon will open the doors of its newly built branch within the historic site of Galle Fort. With twelve spacious rooms, located directly opposite the impressive ramparts overlooking the Indian Ocean, you now have the choice of two attractive locations for your Ayurveda cure.

Galle Fort has been declared UNESCO World Heritage Site for a good reason. Discover the charm of a place where time seems to have stood still while residing in a building meticulously restored from its past glory with modern-day, state of the art facilities.

Your Ayurvedic treatments will take place in Talpe just as always. A shuttle service will take you from Galle and back free of charge at your convenience. Choose to take your meals either in Galle or in Talpe. Or reside in Talpe as usual and dine princely in Galle – just as Vasco da Gama may have done hundreds of years ago during his seafaring expeditions.





Escape the stress of your daily routine...

Prices for Winter 2010/2011

We have calculated our winter rates with the utmost care so that we can continue to offer the highest quality at fair prices. Of course you can also find out the prices on our website www.paragonsrilanka.com for your individual duration of stay. Simply click on the link "Pricelist and Reservations" and follow the instructions on your screen. This way, you can ascertain the precise cost of your cure with all surcharges and rebates.

* The prices indicated above are applicable per person sharing a double room. The single room surcharge is 70 EUR per week. Surcharge for a terrace room is 150 EUR per week when used as a single room. This surcharge is reduced to 100 EUR per person per week for double-room occupancy of a terrace room. Surcharges are not discountable

From 1st October 2010 to 31st March 2011 the following prices apply:

14 nights	1.820 EUR	21 nights	2.625 EUR	28 nights	3.360 EUR
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For all repeat-guests, the following rebates will be applied:

2nd to 5th visit: 5%	6th to 10th visit: 10%	11th visit or more: 15%
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Summer Offers 2010

From June to 30th September 2010, these special offers apply:

14 nights	1.610 EUR	21 nights	2.310 EUR	28 nights	2.940 EUR
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These prices are also valid for our special »Qigong« programme from July to September.

Should you wish to receive our offer in a different currency, simply let us know and we will convert our Euro prices for you at current exchange-rates into your desired currency.



Prices include the following services:

- » Airport transfer in an air conditioned minibus
- » Relaxing foot-massage after your arrival at the hotel
- » All consultations with our highly qualified Ayurvedic doctors
- » Daily Ayurvedic treatments with our experienced therapists
- » All Ayurvedic remedies prescribed by our doctors, manufactured according to traditional formulae in our own pharmacy
- » Acupuncture if prescribed by one of our Ayurvedic doctors
- » Three meals of Ayurvedic cuisine according to your individual dietary plan
- » Room with balcony and ocean-view
- » Yoga- and meditation classes
- » Lectures covering different aspects of Ayurveda
- » Daily five o'clock tea with pastries



Flight Bookings

We cooperate with all major airlines. Your flights are booked at the lowest possible rates, which we simply pass on to you without additional charges. Needless to say, you can also book your flights yourself.

Payments

Your reservation is considered binding with the receipt of your advance payment of 500 EUR per person. The balance is due to be paid within four weeks prior to your arrival at Ayurveda Paragon. All payments can be made by bank transfer, online via our booking-page on www.paragonsrilanka.com or with your credit card via telephone. Our general terms and conditions apply, which you can find on our website or request to have sent to you by post.

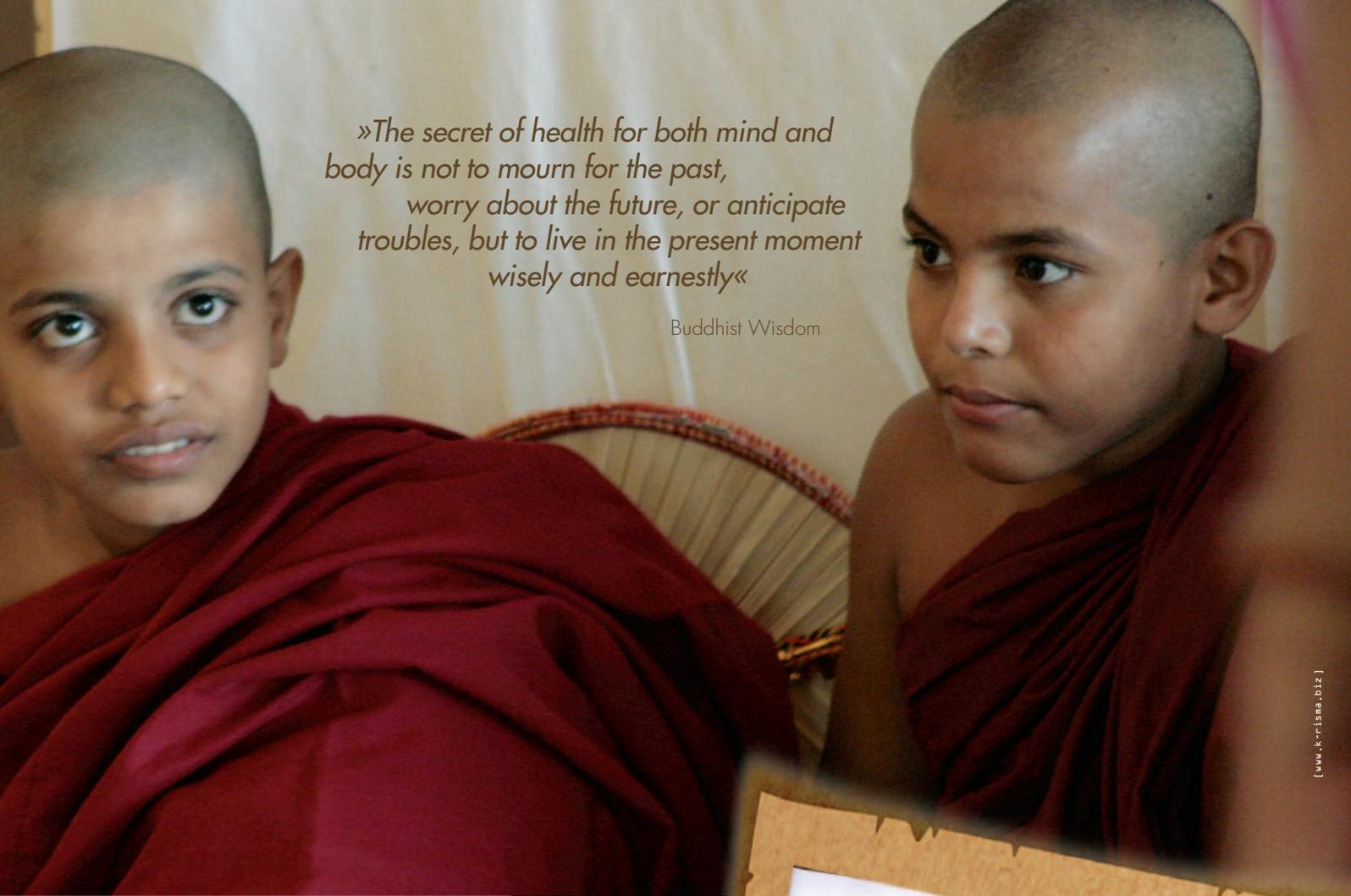
Additional, optional Benefits

- » Visit markets, temples and cultural heritage sites
- » Choose your own destinations for excursions, we will be happy to provide transportation and driver to you
- » Shop in the historical old town of Galle
- » Have you ever considered exploring the beautiful island of Sri Lanka before your Ayurvedic cure? We will be happy to devise an individual tour according to your time-schedule and personal interests.



»The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly«

Buddhist Wisdom



[www.k-r-isma.biz]

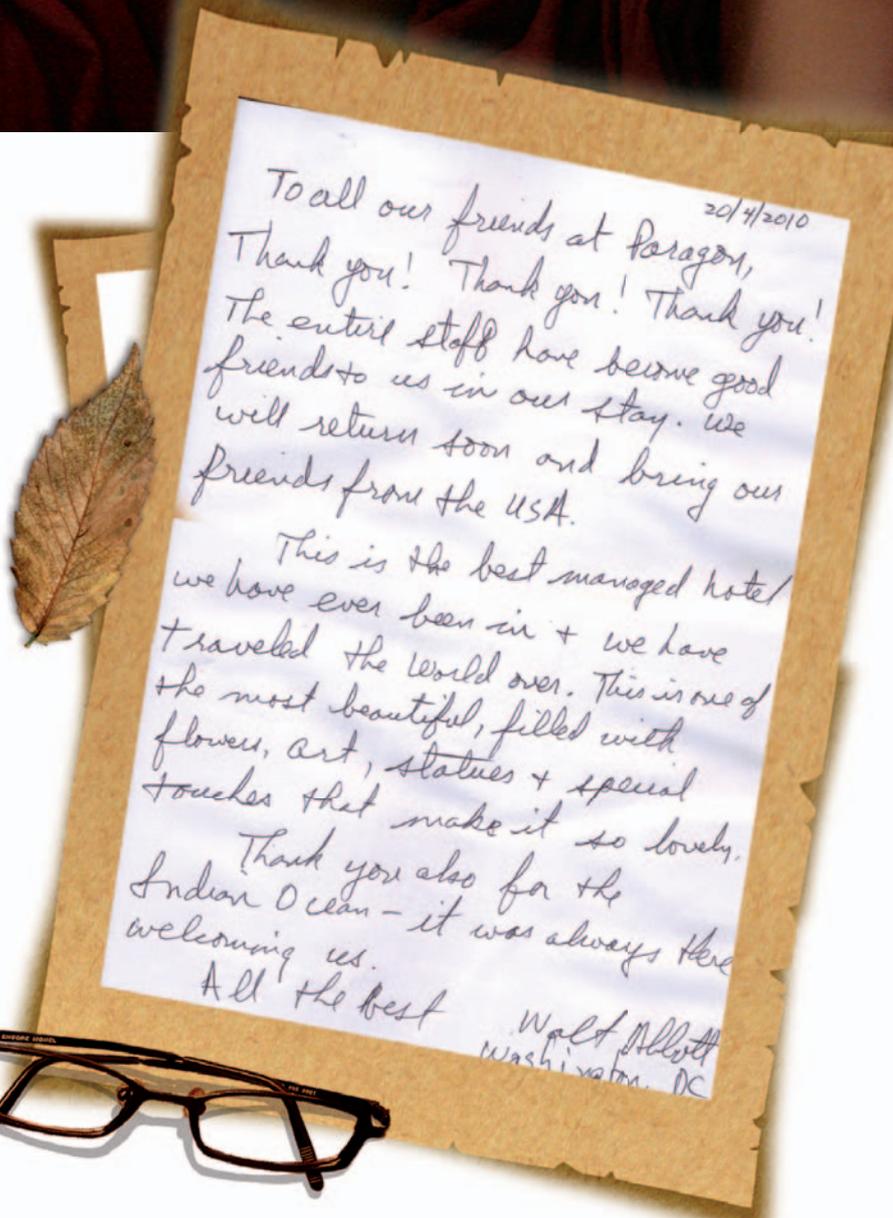
Paragon Friends

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

If you tell your friends about us, you will receive a coupon worth 50 EUR for each new booking based on your recommendation, 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.

Subscribe to Newsletter

Our newsletter will keep you up to date with news and activities of the Ayurveda Paragon. If you wish to receive this newsletter regularly, please let us know. Simply call us at +9491 438 4888 or send us an email to: paragonsrilanka@aol.com. From the United States, please use our freecall-number (888)233 1156.



To all our friends at Paragon,
Thank you! Thank you! Thank you!
The entire staff have become good
friends to us in our stay. We
will return soon and bring our
friends from the USA.

This is the best managed hotel
we have ever been in + we have
traveled the world over. This is one of
the most beautiful, filled with
flowers, art, statues + special
touches that make it so lovely.

Thank you also for the
Indian Ocean - it was always here
welcoming us.

All the best
Walt Allcott
Washington, DC