

# Ayurveda Paragon »Up-to-date«



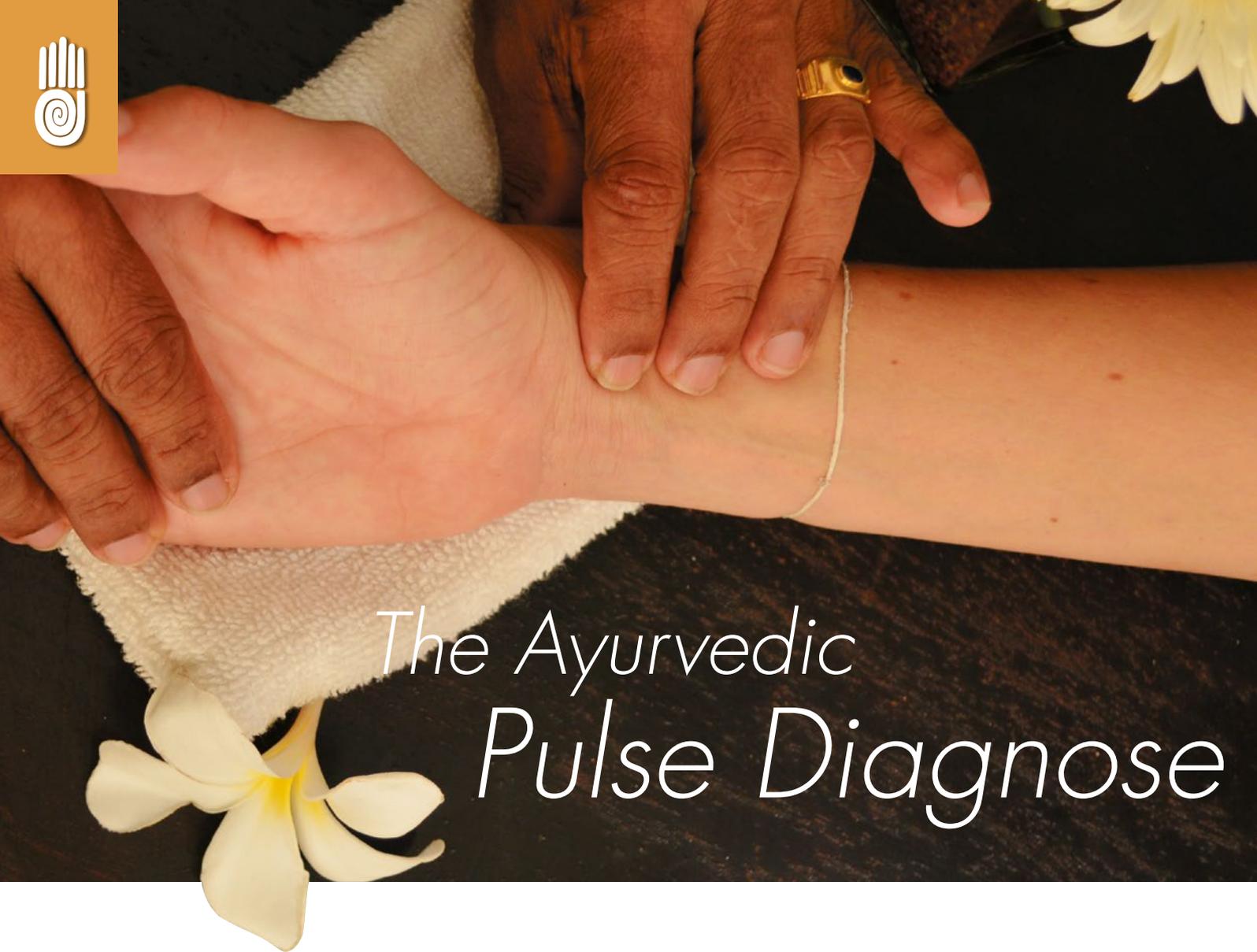
## A Shorter Ride to the Airport

### Another Section of the Highway to Colombo Airport Now Open

After arduous constructions in the city of Colombo, another leg of the highway to the airport in Colombo was opened just in time for the Commonwealth Summit. This new highway-section avoids having to go through a large part of the congested Colombo city traffic and reduces the total travel time from the airport to the Ayurveda Paragon by approx. half an hour and makes arrivals and departures much more comfortable. By the way: If you plan your travels so that you arrive in Sri Lanka on a Sunday, you can cut your travel time to the hotel even more as you will not have to struggle with school- and office traffic.

### Contents .....

A Shorter Ride to the Airport .....	01
Ayurvedic Pulse Diagnose .....	02
Ayurveda Sport Sponsoring ...	03
Paragon Certification .....	04
Our Charity-Project Sahana Seva .....	04
Meet our staff members .....	05
AyPa in the Rainy Season .....	06
Contact .....	06
Our Rates .....	07
Paragon Friends .....	08



# The Ayurvedic Pulse Diagnose

## *Discovering the Secrets of the Pulse*

The pulse signifies the manifestation of the physical and mental constitution of human beings. By scanning and feeling the pulse, an experienced Ayurveda doctor can detect imbalances of Vata, Pitta and Kapha. This is the basis of detecting weaknesses of organs and establishing a precise diagnosis.

For this procedure, the Ayurvedic doctor places three fingers on the wrist of the patient and feels the pulse. This process may take several minutes. The pulse contains the collective information of the human's physiology and directly reacts to physical and mental changes.

Through the pulse diagnosis, the Ayurvedic doctor analyzes the organ's vibrations: Healthy organs which function normally have a different vibration than those which are on the verge of illness. Depending on how strong the fingers are pressed on the artery, different levels of pulse can be read, which together provide an endless amount of possible combinations. The combination provides details regarding the affected organs, what type of disturbance is present and which disease this causes. In combination with further methods of diagnosis and the resulting conclusions, the Ayurvedic doctor obtains a complete picture of his or her patient. Along with many years of experience, this precise form of diagnosis requires a high level of intuition and instinct on the part of the physician. You will be amazed of the conclusions your Ayurvedic doctor can draw from diagnosing your pulse.

**Pulse diagnosis is the ancient art and science of detecting the existing status of a person's body, mind, soul and spirit. Nadi or pulse is that vital flow of energy or life that courses through as a subtle channel all over the body, and enables the Ayurvedic physician to feel the way the blood spurts from the heart. This helps an experienced practitioner to diagnose or treat various ailments, or to prevent their occurrence**



# Ayurveda Sport Sponsoring: *Nimali Madushika*

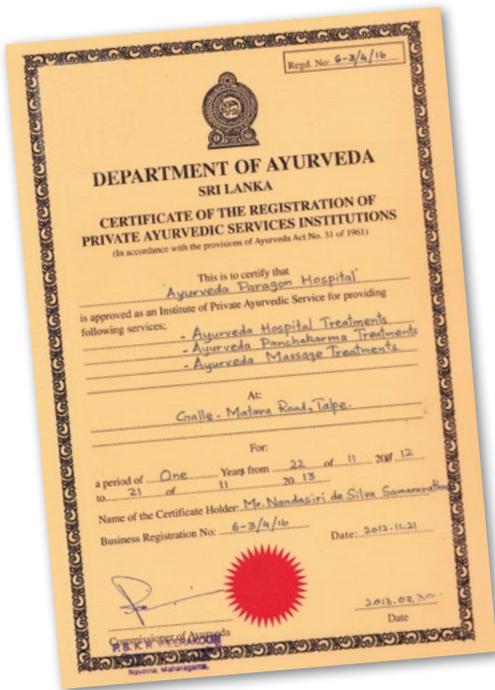
Early in the year 2013, we got to know about a small Sri Lankan sensation: Nimali Madushika, a 17 year old girl from Talpe showed her huge talent as sprinter in local track and field events by winning all local competitions in her age-group. Our management decided to contact the promising runner and invited her to our hotel. Impressed by her talent and her determination, the Ayurveda Paragon decided to support the young lady. We arranged for a professional trainer for her and promised her to support her training for the next coming years.

In May 2013, Nimali broke the Sri Lankan record in the 400 m race for girls under 18 years of age in an impressive time of 56.47 sec., won the title of National Youth Champion and qualified for the IAAF World Youth Championships in the Ukraine in July 2013.

In August, she participated in the Asian Youth Games in Nanjing/China and surprised everyone by winning the bronze medal with the time of 55.96 sec. Considering that this was only the second international event she attended, this was really remarkable.

Nimali is a dedicated and determined young lady. For her daily practice, she travels four hours from Talpe to Kaluthara. Besides that, she is currently studying for high school diploma. We are happy to be able to support Nimali in her efforts to achieve her ambitious goals. Who knows, we might just see her at the next Olympic Games.





# Now Certified as Ayurvedic Hospital

Ayurveda in Sri Lanka is highly respected and strongly protected and controlled by Government agencies. It is therefore even more so an honor for us to have achieved the certification as a private Ayurvedic Hospital. This is yet another testimony for the quality of our authentic, traditional Ayurveda programs and for our guests a warrant for superior Ayurvedic treatments by our doctors and therapists.

## Sahana Seva – Our charity-project

### Important Information

**Anyone who has been a guest of Ayurveda Paragon knows our charity-project Sahana Seva, which provides aid to families in need and to orphanages. In order to provide even more transparent information of donations and spendings, a separate bank account was set up solely for this project. If you wish to make donations to Sahana Seva, please use the following bank-details:**

Account holder: Paragon Sahana Seva  
Bank: Deutsche Bank AG München  
Account No.: 609 186 201  
Bank Code: 700 700 24  
BIC: DEUTDE33MUC  
IBAN: DE64 7007 0024 0609 1862 01



# Meet our Staff Members

You probably will not see him very often, his work is mostly done behind the scenes. Nevertheless, his work for the Ayurveda Paragon and its guests is invaluable: Mr. Sugath, Supervisor of our Maintenance Division.

In a hotel with 68 rooms, 25 treatment rooms, a pharmacy, pool and countless light fixtures in a tropical country, work for a caretaker never ends. Whether it is a burnt out light-bulb, the circulating pump for our pool, the telephone switchboard, our wireless Internet or a dripping faucet, Mr. Sugath and his ten assistants with their brown overalls are on duty 24 hours a day. Quite frequently, they also repair a broken suitcase, an alarm-clock or other travel utensils of our guests.

Born in the hometown of Sri Lankan mask-carving, Ambalangoda, the 39 year old started his technical education in 1993 at the Ginawattana Vocational Training Center as electrician. After that, in 1996 he studied the art of air condition maintenance at the German Technical Training Institute in Moratuwa.

In 1997 he began his career at the Ayurveda Paragon as an "allrounder" in our maintenance department and was later promoted to shift supervisor. In the year 2011 he became Maintenance Supervisor. It was also the Ayurveda Paragon where he found his private happiness when he met a lady from our housekeeping-department whom he married in 2004. In the meanwhile, the couple has a 7-year-old daughter who is desperate to become a teacher. Together with his small family, Mr. Sugath lives just outside of Galle.

Mr. Sugath is an avid and highly cautious motorbike-driver. In his free time, he loves to take his two ladies for motorbike-trips around Sri Lanka and has gone as far as Kandy on his two wheels. We think: this is the perfect way to experience our enchanting little island.

Should you find something to be not functioning in your room, please be assured: Mr. Sugath and his team will take care of it!



**Mr. T. Sugath  
Udayakumara**

Maintenance Supervisor



# AyPa *in The Rainy Season*



I have to admit that sometimes I do listen to the conversations of the guests at Ayurveda Paragon. This way I learned that some of them really don't like the rainy season in Sri Lanka.

Personally, I think the rain is quite wonderful. During this time the frogs in the pond near the beauty salon multiply in great numbers, giving me hundreds of new playmates. During the evening hours, when my parents and sisters and brothers have long gotten sleepy, the frogs entertain us with their singing concerts. Also, there are plenty of worms in the grass, which we just have to pick to get our supply of proteins.

The bushes and trees in our garden grow especially plentiful during this time. As soon as the sun comes out, they are a wonderful playground for us. From the tree tops, we have quite an exclusive and undisturbed view over the garden and the Indian Ocean.

So, dear guests, don't be sad if it rains from time to time. Instead, enjoy the gifts Mother Nature provides us during the rainy time. Without this rain, we would not have the abundance of natural beauty in Sri Lanka.



## *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

Your Advantage

## Early Booking Discount – Advantages for all those who can plan well ahead

If you are able to plan ahead and confirm your booking with us more than 11 months ahead, we will guarantee your booking for the price of the current season. E.g. if you make your booking in December 2013 for November 2014, you will benefit from the price of the current winter-season 2013/2014. The added benefit for those wishing to come during our busiest high season is that you still have the best selection of rooms. Upon receipt of your advance payment of 500 Euro per person, your booking is confirmed and your room reserved exclusively for you.

## Our prices will remain stable during the Winter Season 2013/2014!

### Winter Offer (01 October 2013 – 31 March 2014)

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

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

## Our Prices remain unchanged for the next summer season!

### Summer Offer (01 April 2014 – 30 September 2014)

Duration of Stay	Ground Floor Double p.P.	Ground Floor Single	1 <sup>st</sup> + 2 <sup>nd</sup> Floor Double p.P.	1 <sup>st</sup> + 2 <sup>nd</sup> 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

**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.

### 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 <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%

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](http://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](http://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.

P.O.Box 1 . Talpe . Sri Lanka  
Phone +94 91 438 4888  
Fax +94 91 438 4889  
info@paragonsrilanka.com  
[www.paragonsrilanka.com](http://www.paragonsrilanka.com)

## 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 or send us an e-mail:  
Phone: +94 91 438 4888  
info@paragonsrilanka.com  
From the United States, please use our freecall-no. (888) 233 1156.



*»Experience is like a lantern on your back, it brings lights only on to the path you have already walked.«*

Confucius