

15 Years Ayurveda Paragon

Table of Contents

15 Years Paragon	1
Our Calendar for 2012	2
Diabetes from the Ayurvedic Perspective	3
Special Summer Programme ...	4
Special Summer Programme ...	5
Meet Our Staff Members	6
Our Prices	7
Paragon Friends	8



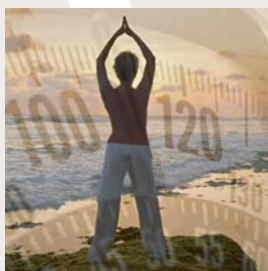
The Year 2012 in Ayurveda Paragon

For the coming year, we have compiled an interesting programme-mix consisting of traditional holidays, special summer programmes and events. 2012 will once again be an exciting one for both our hotel and our guests.



April

On 13 and 14 April we celebrate the **Sinhalese and Tamil New Year**, one of the most important holidays of the year. Why not join us and experience how we welcome the New Year with many religious and traditional rites and customs together with our staff members?



May

During the entire month of May, the Ayurveda Paragon offers a **Special Weight Reduction Programme**. Lose your extra pounds the healthy way and under medical supervision of our experienced Ayurvedic doctors - just in time for the bikini-season.

If you visit us during the period from May to July, no single room supplement will be charged.

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



June

We celebrate the **Poson full moon** on the occasion of the introduction of Buddhism in Sri Lanka.

No single surcharge is applied when staying with us between May and the end of July 2012.



August / September

Enjoy a full Panchakarma-cure with us while learning the art of **Ayurvedic cooking** during our 2-week comprehensive cooking-course.



October

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

December

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 during the holiday-period.



Common Diseases from the Ayurvedic Perspective

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

Diabetes - Prameha - Madhumeha

According to the World Health Organisation (WHO), 346 million people worldwide suffer from diabetes, with a dramatic increase among young people and even children. For each person affected, the quality of life is reduced significantly. What is still mostly unrecognized: Ayurveda can achieve excellent results in the treatment of diabetes and many of our guests have already regained their quality of life thanks to Ayurveda.

Even the classic Ayurvedic texts already mention 20 different types of **Prameha**. The symptoms which all types of **Prameha** have in common are increased volume and turbidity of the urine. One method of diagnosis for this in the old days of Ayurveda was to check if ants were attracted to the urine. All types of **Prameha** - if not treated in time – will turn into **Madhumeha**. Hence **Prameha** is considered the precursor of diabetes.

Prameha cannot be seen as an isolated disease. Instead, complex metabolic disturbances are involved, which are associated with or the cause of diabetes. From the Ayurvedic perspective, **Prameha** is caused by various disorders of the Doshas (bio-energies), Dhatus (tissue) and Malas (waste products). Type 2 diabetes is considered to be a Kapha disorder, and is treated accordingly with Kapha-reducing therapies.

The cause of **Prameha** is often increased consumption of sweets and sugar, dairy products and carbohydrates, which result in an increased level of Kapha. In some cases, a (genetic) defect of the pancreas functions will lead to **Prameha**. In Western societies, an unhealthy lifestyle, obesity, lack of exercise and increased stress is frequently the basis of Diabetes.

The Ayurvedic treatment strategies for diabetes are always individually tailored and include a multitude of therapies, purification methods, herbal remedies, nutrition, manual therapies, a change of lifestyle and yoga. Herbal remedies will incorporate minerals to regulate the liver and pancreas functions. Ayurvedic massages will aid the reduction of Amas, resulting in a detoxification of the body. Special Yoga-exercises will contribute to harmonizing the body-functions, thus improving the overall well-being.

Whether it is **Prameha** in its beginning or **Madhumeha** at an advanced stage, Ayurvedic treatments will most certainly achieve a noticeable change and an improvement in the quality of life.












Our Special Programms in 2012

If you stay with us, you will find our normal programme highly diversified. Nevertheless, in 2012 we will offer two additional special programmes, making a stay with us even more interesting. Both will be offered at no additional charge.

Weight Reduction Weeks

Allow yourself to be pampered in the familiar Paragon style with our classic Ayurvedic treatment and simultaneously take part in our weight-reduction programme. Just in time for the bikini-season, this special programme will take place during the entire month of May 2012. It is intended for those who wish to loose weight the healthy way while under medical supervision.

The programme includes, among others:

-  special Ayurvedic treatments purposefully developed for weight reduction
-  acupuncture to support the weight reduction
-  a separate buffet with carefully chosen food for the participants of the programme
-  special Ayurvedic drinks to aid weight loss
-  a special Yoga-programme designed for weight-loss
-  lectures regarding the subject from the Ayurvedic point of view
-  discussion groups about weight-loss at tea-time with one of our experienced Ayurvedic doctors.

Our Ayurvedic doctors recommend a cure-duration of minimum three weeks to achieve noticeable and enduring results.

If you have any questions, please feel free to contact us any time:

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.**

Or send us an email to: **info@paragonsrilanka.com.**









Ayurvedic Cooking Classes

The healthy food at the Ayurveda Paragon is extremely popular among our guests and our Chef is frequently asked to reveal his recipes. In order to fulfill this common demand, we will offer an exclusive Ayurvedic cooking class under the direction of Mr. Prasanna in August and September 2012.

During the 2-week-course, you will not only learn the art of Ayurvedic cooking. The programme will include:

-  Shopping of fresh ingredients on local markets.
-  Visit to a spice-garden, where you can experience the origin of the spices which made Sri Lanka famous.
-  Lectures by our doctors regarding nutritional science from the Ayurvedic point of view.
-  Food preparation and cooking under the guidance of our Chef, Mr. Prasanne.

Needless to say you do not have to forego your Ayurvedic treatments during your stay with us if you sign up for the cooking classes. The individual lessons are scheduled in such a way that you can still enjoy your treatments in the usual manner.

Should you have any questions regarding our cooking classes, please feel free to contact us any time.

From Germany, Austria, 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.**

You can also send us an email to: **info@paragonsrilanka.com.**





Meet Our Staff Members...



Dr. Poshini Wanigasekara - D.S.A.M.S. Hon.

Yet another one of our Ayurvedic doctors with a tongue-breaking name. In general, she is therefore referred to as "Dr. Poshini". It is with this name that she is known and appreciated by guests and colleagues alike.

Born in the South of the island in Matara as the daughter of a music-teacher, Dr. Poshini's father originally had a musical career in mind for her. But after an outstanding high school diploma at Sujatha Girl's School in Matara, she decided to seek an academic education. Hence, she completed her studies in Ayurvedic Medicine at the prestigious University of Kelaniya and graduated in the year 2000 as second-best in her class.

After her internship at a government Ayurvedic hospital, Dr. Poshini initially worked in a private Ayurvedic practice to deepen her knowledge. In 2004, she joined the medical team of Ayurveda Paragon. The hotel's management enabled the curious doctor to undergo additional training in acupuncture, which she completed in 2008 with a diploma. Now many of our guests benefit from her knowledge and are delighted with her skilful handling of the acupuncture needles.

Asked why she enjoys working at the Paragon, Dr. Poshini will tell you that she highly appreciates the strict adherence to the traditional Ayurvedic specifications and the good cooperation with her colleagues. Quite frequently, our medical team gets together to jointly discuss the optimal treatment for difficult cases.

In her spare time Dr. Poshini likes to travel and explore our magical island and always discovers new, wonderful spots within Sri Lanka. As the daughter of a musician, she began to play Indian classical music on the sitar at the age of 13. For many years, this hobby fell victim to her studies. Fortunately, she has now taken up practice again and who knows, maybe one day our guests will benefit from yet another skill of this versatile young doctor.



Our Rates for your Rejuvenation at Ayurveda Paragon

Winter Offer (01 November 2011 - 31 March 2012)

Duration of Stay	Basic Price p.p.	SGL Occupancy	With Roof-Terrace DBL (p.p.)	With Roof-Terrace SGL
14 Nights	1.874,60 EUR	2.028,60 EUR	2.094,60 EUR	2.248,60 EUR
21 Nights	2.703,75 EUR	2.934,75 EUR	3.033,75 EUR	3.264,75 EUR
28 Nights	3.460,80 EUR	3.768,80 EUR	3.900,80 EUR	4.208,80 EUR

Summer Offer (01 April 2012 - 30 September 2012)

Duration of Stay	Ground Floor Double R. p.p.	Ground Floor Single Room	1st & 2nd Floor Double R. p.p.	1st & 2nd Floor Single Room	Roof Terrace Double R. p.p.	Roof Terrace Single Room
14 Nights	1.450,00 EUR	1.618,00 EUR	1.660,00 EUR	1.828,00 EUR	1.884,00 EUR	2.052,00 EUR
21 Nights	2.065,00 EUR	2.317,00 EUR	2.380,00 EUR	2.632,00 EUR	2.716,00 EUR	2.968,00 EUR
28 Nights	2.610,00 EUR	2.946,00 EUR	3.030,00 EUR	3.366,00 EUR	3.478,00 EUR	3.814,00 EUR

Special rate for the months of May, June, and July 2012: No Single room supplement !

Repeater's Discount

Discount is based on the basic room rate	2nd - 5th visit	6th - 10th visit	from 11th visit
Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings through a travel agency.	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".

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**.

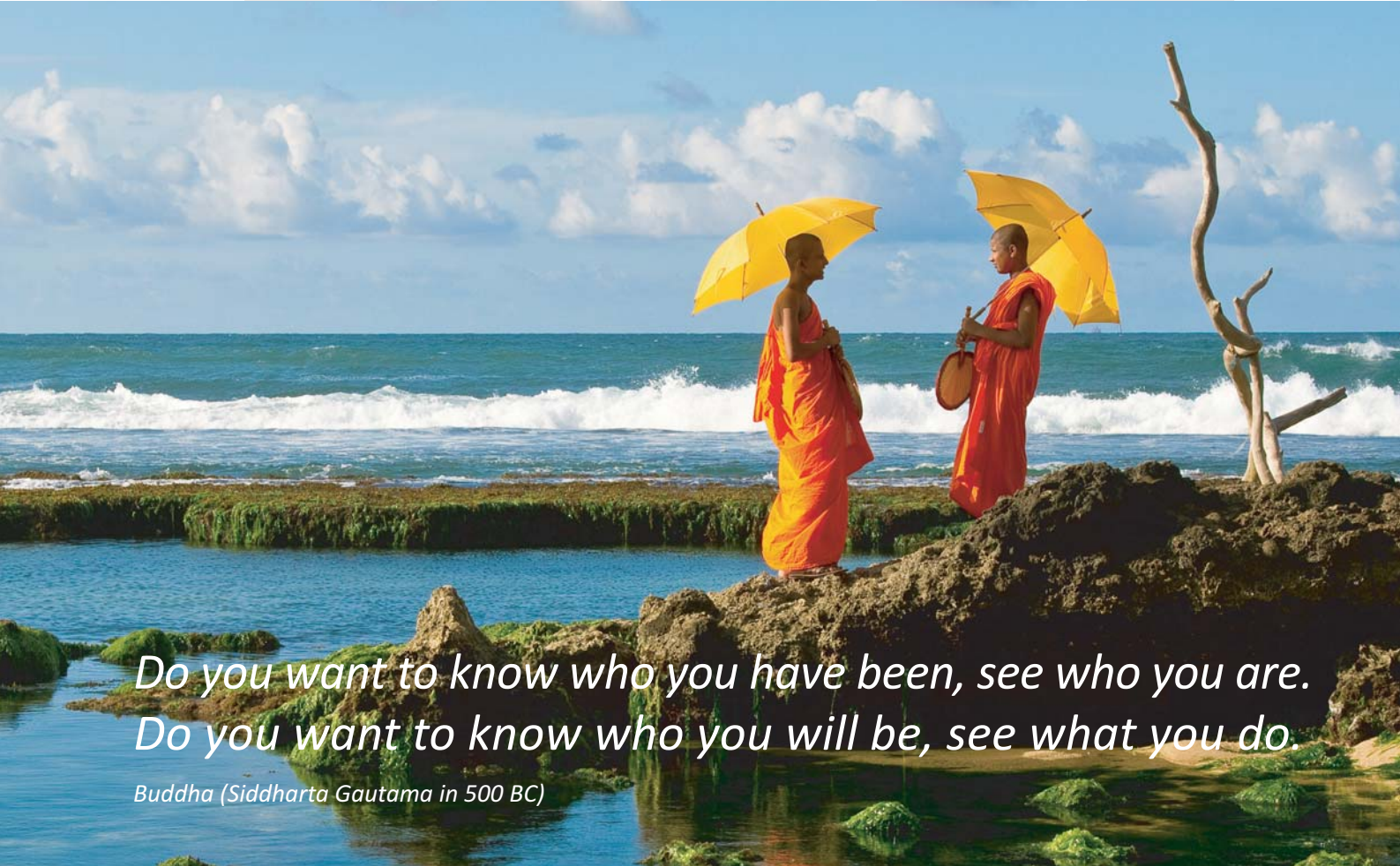
From all other countries, you can reach us at **+94 91 438 4886 to -4888**.

Should we be unable to take your call, please do leave a message on our voice mail. We will call you back within a short time.



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). Of course you can use this coupon as a gift to friends or family just the same.



*Do you want to know who you have been, see who you are.
Do you want to know who you will be, see what you do.*

Buddha (Siddharta Gautama in 500 BC)

Gift Voucher

Make a very special gift to your loved ones or valued friends - a voucher for a partial or even a full Ayurvedic treatment. Our vouchers can easily be ordered through our website <http://www.paragonsrilanka.com> under "Our Services" with a minimum value of € 100. We will be happy to send the voucher directly to the gifted person or to you to hand over personally.

Make a healthy gift !

P.O.Box 1 • Talpe • Sri Lanka

From US: toll-free No. (888) 233 1156

From Germany, Austria, Switzerland: Freecall 00800 466 46678

Phone +94 91 438 4886 to -4888 • Fax +94 91 438 4889

info@paragonsrilanka.com • www.paragonsrilanka.com