



## EXPERIENCE THE 3M MAGIC OF MINDFULNESS AT JETWING AYURVEDA PAVILIONS

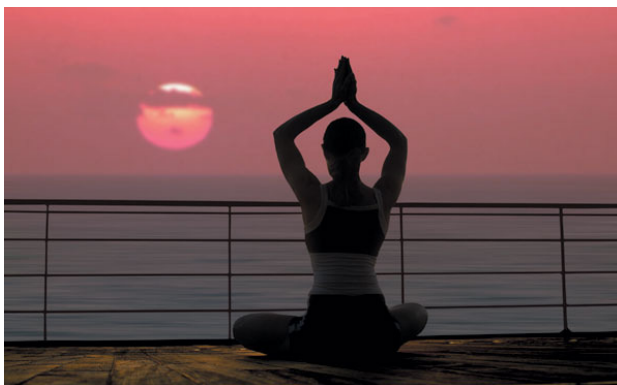
Jetwing Ayurveda Pavilions, Negombo which is in the forefront of Ayurveda treatment is organising a full day program of rejuvenation and relaxation through **Yoga with the help of Yogasharini Maitrayi of India**. This day program will take place on Saturday 29<sup>th</sup> November and is offered at a special rate so that those interested can make use of this wonderful opportunity. For those who may wish to stay at Jetwing Ayurveda Pavilions while participating in the program, again special packaged rates are being made available. **Those interested may call Chalitha at Jetwing House on 5545711 and make your reservation early to avoid disappointment.**

The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between the mind, body and spirit. What is commonly referred to as "yoga" can be more accurately described by the Sanskrit word "asana", which refers to the practice of physical postures or poses.



Asana is only one of the eight "limbs" of yoga, the majority of which are more concerned with mental and spiritual well being than physical activity. In the West, however, the words asana and yoga are often used interchangeably.

Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. The poses can be done quickly in succession, creating heat in the body through movement (vinyasa-style yoga) or more slowly to increase stamina and perfect the alignment of the pose.



Yogasharini Maitrayi is a practical mystic and founder of Arkaya. She has imparted the love for the inner life to a wide variety of people in many countries like Sweden, Sri Lanka, Bangladesh and Canada.

The scheduled program will cover areas such as dealing with stress, diet management, sleeping and breathing patterns that may cause tension, developing clarity of thought and focus on concentration, drawing abundance into ones life, leading a balanced lifestyle, learning to deal with challenges and many more.

The methodology used will be practical and experiential exercises and explanations for better self understanding, body movements as well as cathartic and awareness exercises, relaxation and visualisation technique and other such methods.

“In a day and age where many face tremendous pressure that results in accumulated stress, we thought a program such as this would be the ideal get away to rejuvenate and prepare oneself for a wonderful holiday season and more so a challenging year ahead.” said Rukmanie Fernando, General Manager of Wellness and Jetwing Ayurveda Pavilions.

Jetwing Ayurveda Pavilions is set in the unique resort town of Negombo, famed for its palm-fringed golden beaches dotted with fishing villages. This intimate resort is situated on the west coast of Sri Lanka, is known as the Golden Mile thanks to its stunning beaches.

Here, guests embark on a journey to discover their inner selves through therapy, meditation, peace and solitude. Accommodation comes in the form of 12 spacious and luxurious King and Queen Pavilions, each with their own private garden and treatment room.

This is the ideal environment for those seeking in-house Ayurveda therapy in gorgeous tropical surroundings. Treatments are complemented by the cuisine and expert knowledge of trained and experienced doctors. The resort’s architect has designed Jetwing Ayurveda Pavilions with the existing landscape in mind in order to maintain a natural harmony.

#### NOTE FOR EDITORS

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