



THE PUNARNAVA

A LUXURY, HEALTH & WELLNESS RESORT

यु ऽव सदाऽमानं योगी ऽनयतमानसः।

शांतिः तद्वत्वा णपरमांमहसं विमलधगच्छत ॥

*Always keeping the mind balanced, the yogi, with his mind controlled
Attains the peace abiding in me, which culminates in total liberation.*



**Healthy Life
&
Active Fitness
(Shakti)**



**Nature Cure
(Prakriti)**



**Inner Transformation
(Prathana)**



**Eternal Bliss
(Parmatama)**





The Punarnava

The Punarnava-a luxury, health & wellness resort is nestled in the scintillating sublime region of Uttarakhand Himalayas in the Northern India and exhibits harmonic coexistence with nature. Renowned as 'Devbhumi' (A land of the Gods), this region is blessed with natural beauty, divinity and spiritual vibrations.

We welcome you at this unique luxurious wellness destination aesthetically parked in the dense forest of Mussoorie with a spectacular & stunning mountainous view.

Imbibe the holistic wellness experience in this awe-inspiring existential nature of mystical divinity.

Rejoice in the transformation of inner rejuvenation and inner awakening.





Founder & Managing Director

A contemporary mystic, visionary & spiritual healer

Acharya Ashish Semwal has conducted intense research to reaffirm his faith in power of nature. The quest embarked him to the lower reaches of the Himalayas near Mussoorie, where he found the resort permeated with positive and spiritual vibrations.

The landscape strengthened his intrinsic passion to conceive a complete wellness destination, illuminating his mystical vision and ideology.

Acharyaji launched 'Save Clean Ganga Mission' on a global platform towards safeguarding the environmental factors.

He further embarked on a mission to create mass awareness about Vedic Traditional Wellness & Spiritual transformation. As a result 'Punarnava Yog Foundation' was conceptualized.

सहन्मित्रार्युदासीनमध्यस्थद्वेश्यबन्धुश ।
साधुश्चपि च पापेशुसमबुद्धिर्विशिश्यते ॥

“He, who is of the same mind to the good hearted, friends, relatives, enemies, the indifferent, the neutral, the hateful, the righteous and the unrighteous, excels.”



Understanding Wellness Journey

यदा विनियतं चित्तमात्येवावतिष्ठते ।
निःस्पृहः सर्वकामेभ्यो युक्त इत्युच्यते तदा ॥

*When the perfectly controlled mind rests in the self only free from the longing
of desires, then he is united.*



PATH OF
PHYSICAL WELLNESS
(Kayakalp)

Ayurveda

Panchkarma

International Spa

Naturopathy



Ayurveda

Ayurveda is the science of life that emphasizes a human body to be a part of cosmic system. Any disorder can be managed by rectifying the imbalance of five basic elements of life – Earth, Water, Air, Fire and Ether. Ayurveda touches upon all the aspects of the Human existence like emotional, physical, psychological and spiritual factors, bringing them into harmony.



Panchkarma

Widely being considered as the most important part of Ayurvedic healing process, Panchkarma is a combination of five detox therapies – Vamana, Virechana, Niroohavasti, Nasya and Anuvasana vasti. This healing experience helps to strengthen the immune system and restore energy of the body.



International Spa

From Swedish to Deep Tissue massage, our detoxification place is a must-stop destination to transform stress into positive energy. Other available therapies include Aromatherapy, Balinese massage, Hot and Cold stone massage, Yoga Thai massage, Sea Salt Scrub etc., to name a few.



Naturopathy

Employing an array of pseudoscientific practices, the Naturopathy program promotes self-healing procedure. The ideology and methods of Naturopathy are entirely based on vitalism and folk medicine. Our in-house dieticians and wellness specialists aim to provide The Punarnava way of life with a customized diet plan and holistically healing techniques.





PATH OF
HOLISTIC WELLNESS
(SAMADHI)

Mantra Chanting & Prayers

Spirituality

Vedanta

Service Ethos



Mantra Chanting & Prayers

Vibrations and sounds that fabricate desired effects like healing and self-awareness to a human's body are Mantras. Within a healthy and happy human being, these vibrations harmonise with each other, just like an ostentatious cosmic symphony. The distorted vibrations lead to harmony break down, resulting a lack of completeness and totality in your life. Punarnava utilises its ecosystem's positive and spiritual vibrations to regain & restore the balance and harmony in your life.



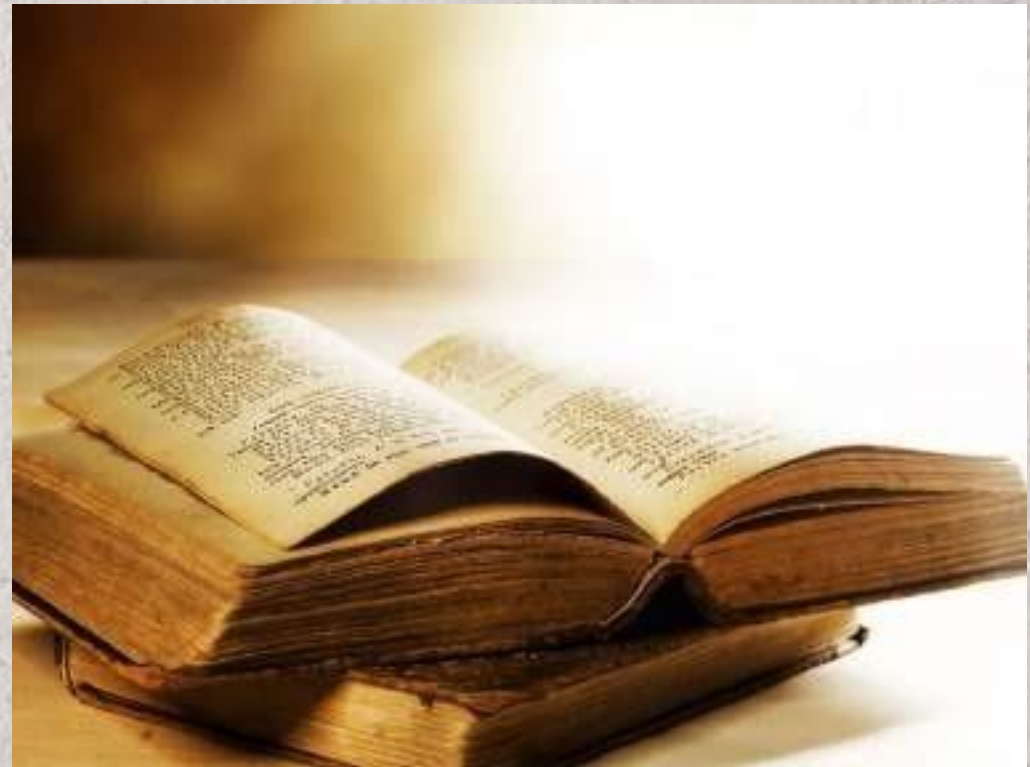
Spirituality

Spirituality is important in the prognosis of psychiatric conditions of a human being. At Punarnava, get exposed to several rich and traditional vedic ways to detoxifying the inner self, rejuvenating your inner soul, amid the enthrall nature and scenic beauty surrounding you.



Vedanta

Entailing anything that promotes or facilitates the changes in the brain, Vedanta holistic therapy targets the sense of self-transforming authentic procedure of humans during Samadhi. The Vedanta wellness program actively works on the default mode network of the brain – 'mind wandering', turning it less associated with other brain activities. Through this approach, Punarnava would assist you in releasing anxiety, gaining clarity & emotional strength impactfully enhancing decision making skills in your life.



Service Ethos

Addressing our guest's core mental, physical and emotional issues, is a prime motive at Punarnava, believing it to be an effective way to enhance a human lifestyle. Perspective – a dogma or attitude that acts as a transformative principle for behaviour, is being put to use at Punarnava, taking a shred of evidence-based and holistic approach to wellness and treatment.



PATH OF
SPIRITUAL WELLNESS
(Sanyasa)

Vedic Traditional Yog & Aesthetism

Transformative Meditation

Healing & Astro Science

Yantra/ Chakra / Yagna



Vedic Traditional Yog & Aesthetism

Originated 5000 years ago, traditional yoga is an art to acquire with higher consciousness of body, mind and soul. The spiritual land of India is reckoned as the birthplace of yoga, where Punarnava is bringing back an age old traditional yogic science for transformation of human beings.



Transformative Meditation

Yoga is like music which creates rhythm in the body, melody in mind and harmony in the soul. Manifestation of this creates a symphony of life that connects an individual with reality. At Punarnava, our meditation program ensures to help you attain the equilibrium between body systems and nature. Since ancient time Asana, Pranayama, Mudra Yoga, Bandha Yoga and Meditation are being practiced by most of us to improve the health and immunity of our life.

Healing & Astro Science

Like the functionality of smartphone, your health also requires regular recharging that keeps a body in an orderly mode. Realizing the need of it, healing programs at Punarnava recharges the five natural elements of a human body – sight, audibility, smell, touch and taste. During the process, our team of experts would help you in establishing a direct connection with cosmic energy thus healing the body spiritually for peace, health and happiness.



Yantra/ Chakra / Yagna

Based on our Holy books, Yantras are an amalgamation of sacred geometry with precise lines, shapes and relationships between the various pieces.

The Punarnava believes yantras to be a representation of the form divine energy takes, as it passes from the infinite formless into our world of bonded form. Every aspect of cosmic energy and Soul are being represented by and linked to a unique yantra.



PATH OF
SOCIAL WELLNESS
—
(Aatma Bodh)

Technology Break

Blissful Holiday

Vedic Vivah

Family Harmony



Technology Break

Distractions are abundant in today's day to day life — and our laptops and smartphones are a big contributor. Technology being one of the biggest roadblocks to relaxation requires quick attention before it starts to take a toll on your health. Our culture promotes work breaks, vacations and even time away from the children. Punarnava takes an initiative for adding technology break to the list of things necessary to help regain our health. Bid a temporary farewell to technology and explore the positive and spiritual vibration at Punarnava. .

Blissful Holiday

At Punarnava, begin every day of your spiritual holiday with a positive attitude as you gain an insight into your emotional being. Culminate mindfulness by learning how to meditate and expel any imbalances from your body during soothing detoxifying sessions, teaching you how to channelize energy in a healthy way. .





Vedic Vivah

Marriage is a pure and divine connection between two individuals. Punarnava invites couple, who are looking to tie the knot devotedly and spiritually. The occasion is solemnized with mantras echoing in the forest and the holy rituals performed in the presence of PANCHATATVA.



Family Harmony

Redefine the meaning of family harmony with Punarnava today. Explore us with your beloved ones to experience uncontaminated environment and pure nature at Punarnava.



Punarnava Activities



Writing & Reading



**Biodiversity
Farming**



**Wellness Food
Cooking**



Nature Walk



Bird Watching & Photography



Meditation Yog



Nature Worship



Jungle Trek & Cave Meditation





Awareness of Life Saving Plant

Painting

Prayers for Peace



The Punarnava Banquet

Sanskar Milan

Dimension- 55 x 60 x20
Pre function- 1000 sq. feet pillar less

Theater

400 capacity

Cluster

250 capacity

Class Room

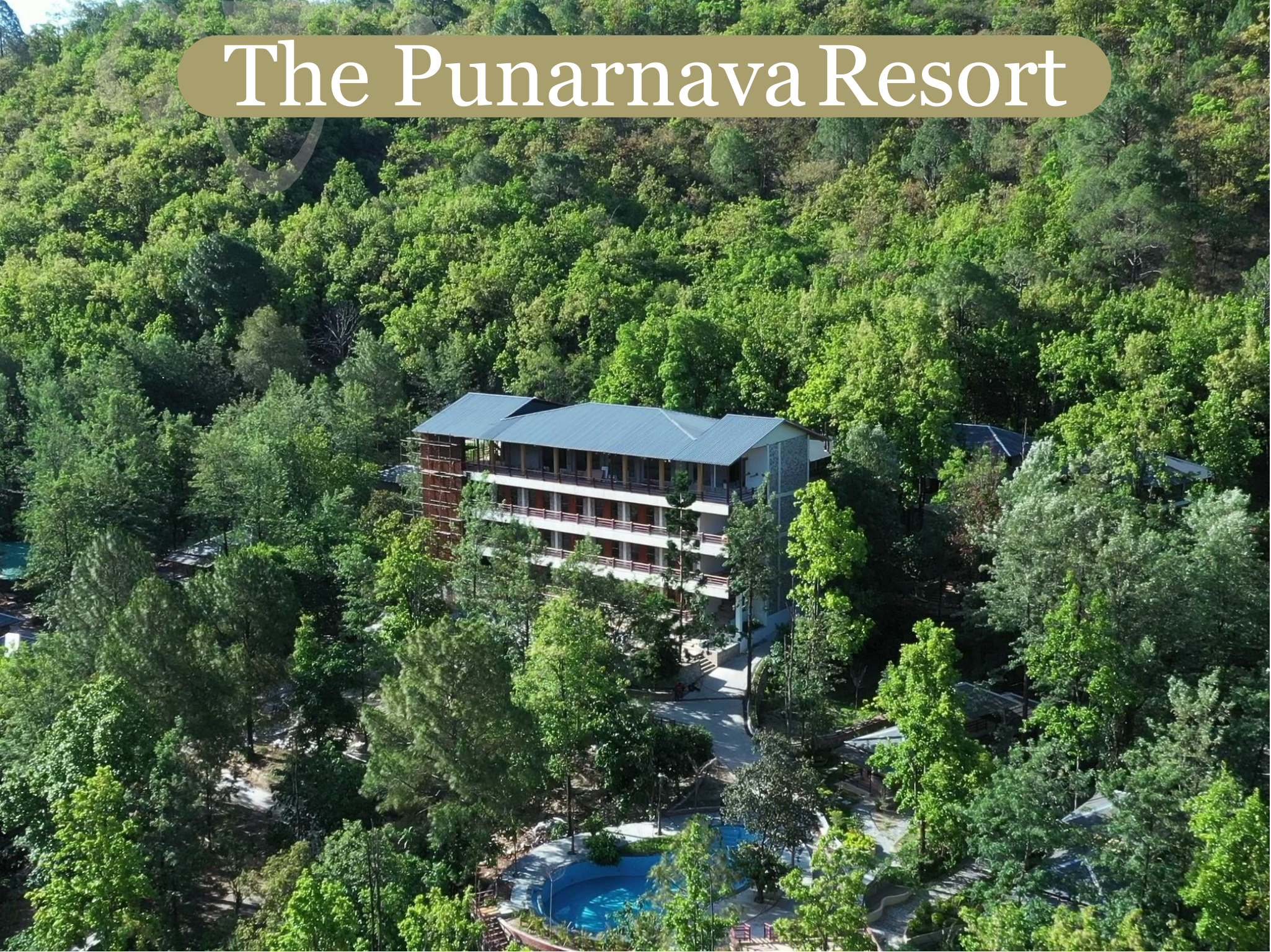
175 capacity

Board Room

80 capacity



The Punarnava Resort



Living At Punarnava

“Blessed with mesmerizing landscape, natural environment & breathtaking scenery”

Offering 5 Types of Accommodation

Anand

(Villa- 4000 sq. ft.)

Anant

(Villa- 3500 sq. ft.)

Shantivan

(Cottages - 650 sq. ft.)

Prarthna

(Super deluxe Rooms - 550 sq. ft.)

Saakshi

(Tent Cottages - 500 sq. ft.)



Punarnava Facilities



Meditation Hall



Swimming Pool



Banquet



Library



Yagya Shala



Punarnava Garden



Punarnava Utsav/Folk Dances of Uttarakhand

Membership

Anand (Joyfulness)

- Validity: **1 Year** from the date of issue
- Joining fee: **Rs. 1,25,000/-**
- Complimentary stay: 6 Nights /7 Days per year, for one couple + one child lower than 12 years of age in an Super Deluxe Room
- Complimentary breakfast
- Complimentary holistic wellness
- Complimentary Punarnava activities
- Complimentary Punarnava facilities
- Complimentary 6 therapies per couple
- Any upgrade in room category shall be charged extra, as per applicable tariff





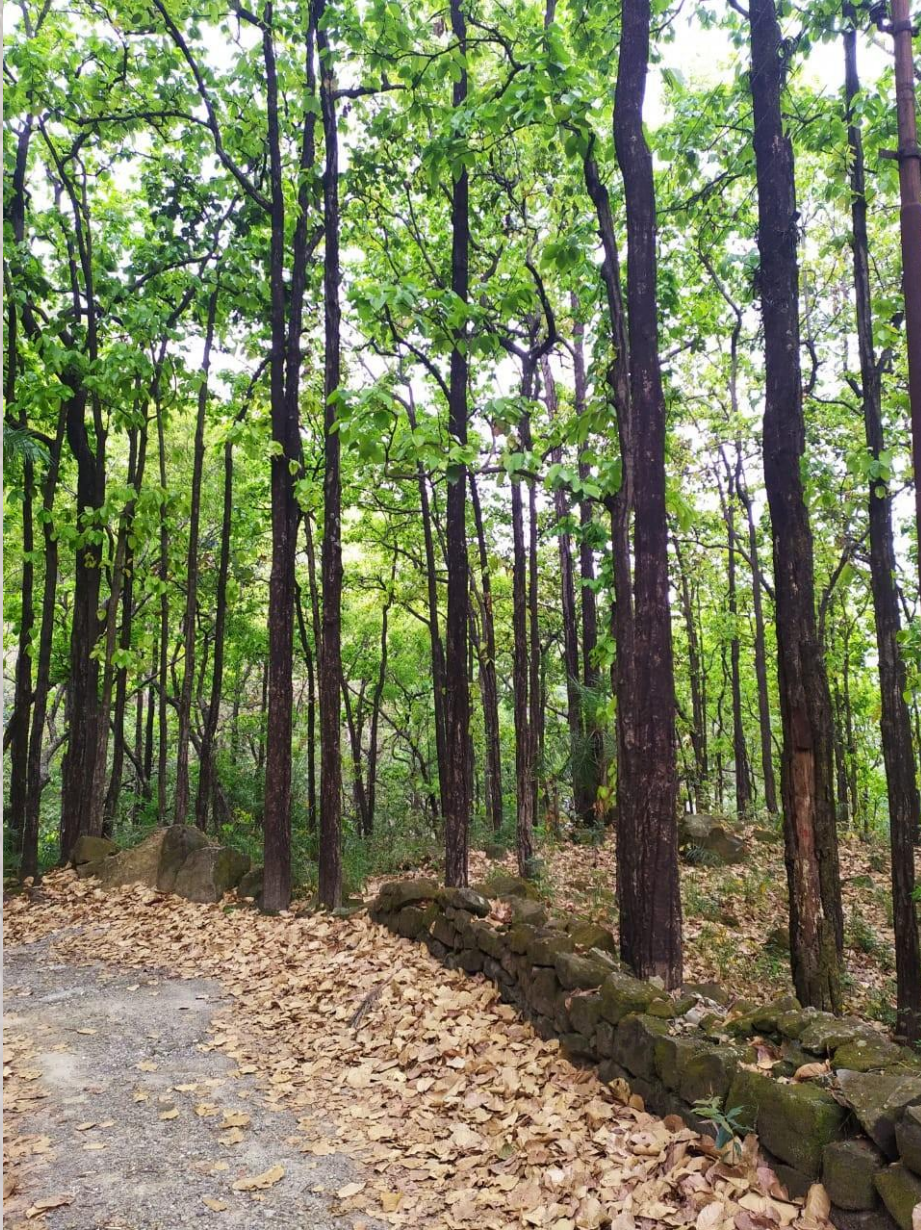
Anubhuti (Esteem)

- Validity: **7 years** from the date of issue
- Joining fee: **Rs. 5,00,000/-**
- Complimentary stay: 6 Nights /7 Days per year, for one couple + one child lower than 12 years of age in an Super Deluxe Room
- Complimentary breakfast
- Complimentary holistic wellness
- Complimentary Punarnava activities
- Complimentary Punarnava facilities
- Complimentary 6 therapies per couple
- Rs.12, 000/- Annual Maintenance Cost
- Any upgrade in room category shall be charged extra, as per applicable tariff

Anant (Endless)

- Validity : **11 years** from the date of issue
- Joining fee : **Rs. 8,00,000/-**
- Complimentary stay: 6 Nights /7 Days per year, for one couple + one child lower than 12 years of age in an Super deluxe room
- Complimentary breakfast
- Complimentary holistic wellness
- Complimentary Punarnava activities
- Complimentary Punarnava facilities
- Complimentary 6 therapies per couple
- Rs.15,000/- Annual Maintenance Cost
- Any upgrade in room category shall be charged extra, as per applicable tariff





Aatmbodh (Self Realization)

- Validity : **15 years** from the date of issue
- Joining fee : **Rs. 11,00,000/-**
- Complimentary stay: 6 Nights /7 Days per year, for one couple + one child lower than 12 years of age in an Cottage
- Complimentary breakfast
- Complimentary holistic wellness
- Complimentary Punarnava activities
- Complimentary Punarnava facilities
- Complimentary 6 therapies per couple
- Rs.18,000/- Annual Maintenance Cost
- Any upgrade in room category shall be charged extra, as per applicable tariff

Destination Overview

Distance from

Dehradun: 15 kms

Jolly Grant Airport: 42 kms

Haridwar: 67 kms

Rishikesh: 62 kms

Delhi Airport: 275 kms

Delhi - Jolly Grant Airport 60 mins by flight



Absolute Blissfulness



सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्

*May all be prosperous and happy, May all be free from illness.
May all see what is spiritually uplifting, May no one suffer*

THE PUNARNAVA RESORT

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