



# SVATMA

T H A N J A V U R



RELAIS &  
CHATEAUX.

## SWARAM THERAPY AT SOUKYAM

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No. 4/1116, Blake Higher Secondary School Road,  
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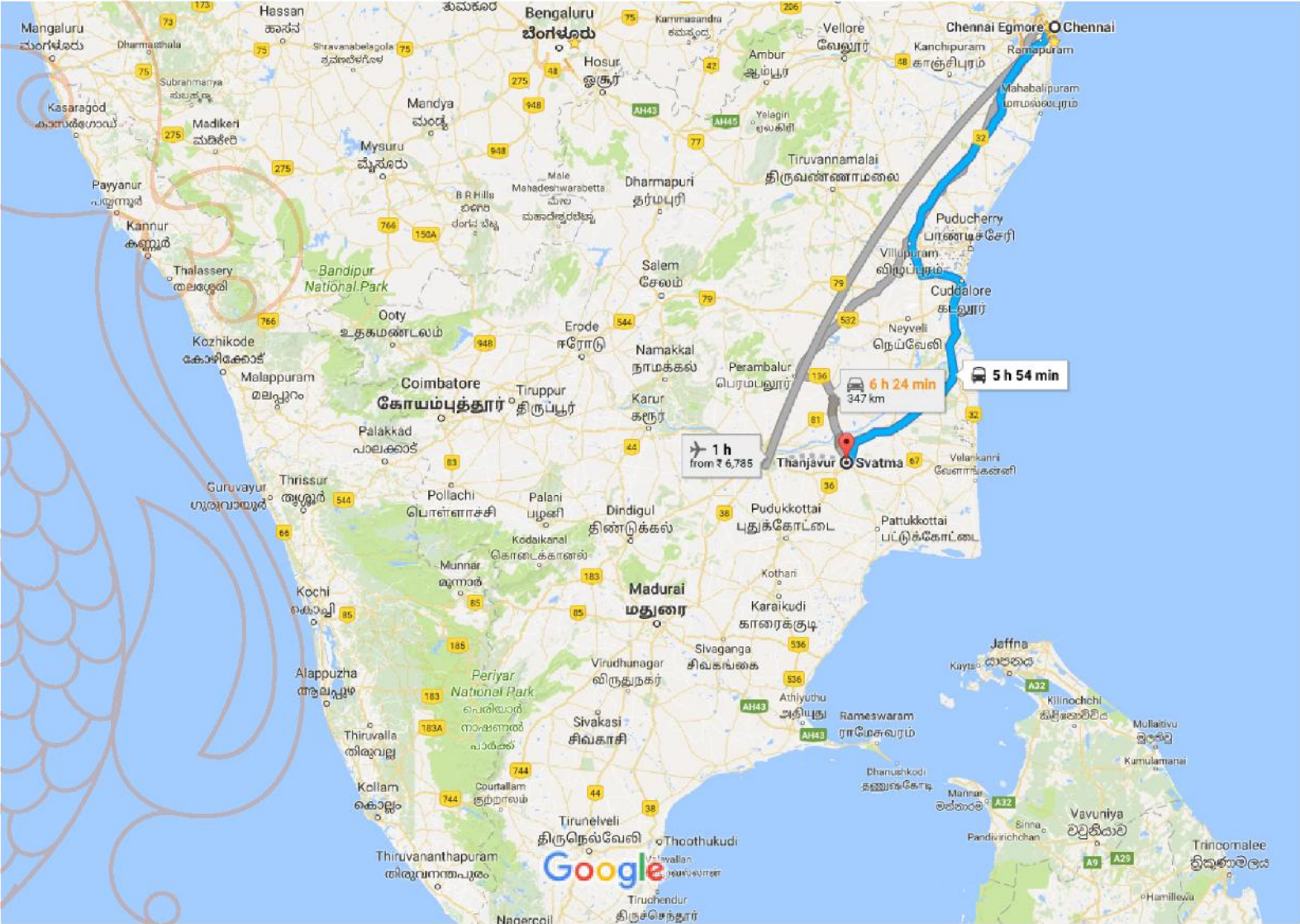
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# ROUTE MAP TO REACH SVATMA





Svatma Thanjavur, the experiential boutique hotel creates a new wellness experience that connects the guest to the healing qualities of music through a new vibrant sound therapy session offered as part of the Soukyam spa program named Swaram.



Svatma is best experienced as part of a Tamil Nadu itinerary and can be accessed by air from Chennai.



Thanjavur, the heart of India's music and classical dance is where the Indian Veena instrument was born and made. The Veena, the authentic Indian strung instrument has the same number of frets or strings equal to the human vertebrae. When the instrument is played each note stirs a physical and emotive connect.



At SVATMA we are enhancing this sensation one step further by utilizing the findings of current research, which shows that sound healing synchronizes brain waves to achieve a profound state of relaxation and helps to restore the normal vibratory frequencies of the cells in one's body. Hence the introduction of a SVARAM sound bed NidraAnantar-a massage table, which has been orchestrated to have 50 strings carefully tuned and stretched underneath.



A skilled therapist will use a resonator to create vibrations and an acoustic massage, which nurtures the emotional-physical system. The session will create a deep harmonizing effect of pure sound and a deep state of relaxation. The aim is for the SVARAM sound bed to project the individual into a deeper, dreamlike, relaxed alpha state, which will alleviate stress and relax the muscles re-aligning the body to stimulate inherent self healing transformative powers leaving the client content, clear minded & positive with a new found sense of energy.





# THERAPY SESSION

After initial preparations for appropriate tune in with the yoga and wellness program the receiving person lies on the upper surface of the resonating box. The inherent vibrational nature of our organism is tapped and set in motion in the rich spectrum of overtones unfold and envelop and penetrates as it seems every cell of the body.

The experience of this altered state of intensified awareness refreshes and nurtures the whole system of mental, emotional and physical constitution. It leaves an imprint of harmony and well being.





# BENEFITS OF SOUND THERAPY

- A New wellness modality,
- A Full body listening experience,
- A Magic space of auditory & sonic surprises,
- Deep relaxation and de-stress,
- Opening and dissolving of limiting blockades,
- Regeneration and wellbeing,
- Reinvigoration and energetization,
- An enhanced awareness space of listening and musical vibrations,
- A letting go into the flow of sound waves,
- A harmonization of the mind & emotional system,
- A balancing & recreation for the body,
- A touch of inner soul spaces,
- A heightening of spirit,
- A lifting up into inspirational space,
- An ancient practise of soul enhancement in a new form and setting.

