

AYURVEDIC JOURNEY

Baros Maldives is offering guests Ayurvedic Culinary Specialities to complement its luxury Essence of Maldives holiday experience.



The famous Ayurvedic Nutritionist, Volker Mehl, is visiting Baros Maldives only from 2 to 17 April 2011 to conduct Ayurvedic Cooking Classes and provide a Consultancy Service for participating guests.

Volker Mehl runs an Ayurvedic Cooking School in Munich, Germany, and writes and broadcasts regularly on Ayurvedic Cookery and Lifestyle. Ayurveda therapy (the word comes from Sanskrit meaning "the science of life") embraces physical treatments from medication to massage, yoga and meditation, as well as a vegetarian diet, created at Baros Maldives specifically for each person's individual needs.

Participating guests will be instructed in Ayurvedic Culinary Delights, including vegan and vegetarian preparations. Breakfast, lunch and dinner will be prepared under the supervision of Volker Mehl creating fusion dishes based on traditional practices of a holistic diet. Sunrise yoga sessions and sunset cruising are included in the programmes, with especially created Ayurvedic Therapy Sessions at The Spa at Baros Maldives.

This is a unique opportunity to learn about Ayurveda and its benefits and how to practise its tenets at home, in the sublime surroundings of Baros Maldives.

Please refer on the back page for detailed program and prices



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Ayurvedic Journey Program

Date	Activity	A La Carte Price
Day 1 Monday, 4th & 11th April	AM/PM Arrival at resort - afternoon / evening at leisure.	N/A
Day 2 Tuesday, 5th & 12th April	6:00 Sandbank Sunrise Yoga Session – 60 minutes Menu: Tropical Fruit Skewers, Iced Ginger Tea, Water 7:00 Vegan Breakfast at Lime Restaurant 13:00 Ayurvedic Cooking Class with Mr Volker Mehl at Teppanyaki with lunch 19:00 Ayurvedic Dinner at Lime Restaurant Menu: Savoy potato praline with bittersweet chocolate Balsamic Goat cheese wonton on celeriac carpaccio with tomato rosemary chutney Mango sesame seed soup with lemon chili cake Reef fish filet on marinated spring onion and warm bulgur grapefruit salad Wildbeery Muffin with dark chocolate, honey and cardamom, coconut granite	US\$85 part of Buffet, no extra charge US\$45 US\$65 (US\$45 credit for HB)
Day 3 Wednesday, 6th & 13th April	8:30 Morning Yoga at Yoga Pavilion – 60 minutes Menu: Tropical Fruit Skewers, Iced Ginger Tea, Water 7:00 Vegan Breakfast at Lime Restaurant 9:30-14:00 Ayurvedic 'Shirodhara' Spa Treatment at The Spa Abhyanga - 75 minutes Shirodhara – 45 minutes Abyanga with Shirodhara – 90 minutes 12:00 Ayurvedic lunch at Cayenne Restaurant Menu: Salad/Main/Dessert 17:00 Sunset Cruise Menu: Vegetarian Canapés 19:30 Ayurvedic Dinner at Cayenne Restaurant Menu: Continental cucumber filled with herbal cream cheese and pear vinegar sauce Trio of mash (tomato with potato/ parsnips with spinach/celeriac with chili) with three oils (pumpkin seed, olive lemon, French herbs) Spicy Pakoras on saffron orange risotto with pineapple shiso chutney Wild herbs salad with dried orange cinnamon slices Sweet potato ice cream with Kaiserschmarrn and tropical fruits	US\$25 part of Buffet, no extra charge US\$140 US\$95 US\$155 US\$25 US\$50 US\$65 (US\$45 credit for HB)
Day 4 Thursday, 7th & 14th April	8:30 Morning Yoga at Yoga Pavilion – 60 minutes Menu: Tropical Fruit Skewers, Iced Ginger Tea, Water 7:00 Vegan Breakfast at Lime Restaurant 12:00 Ayurvedic lunch at Cayenne Restaurant Menu: Salad/Main/Dessert 19:30 Ayurvedic Dinner at LH Restaurant Menu: Veloute of green asparagus on potato lemon flan Pumpkin cocos soup with filo pastry sage sticks Star Anis spiced Tuna on fennel, beet root vegetables salad Red endive with roasted pine apple and ginger cantuccini crumbs Vegan choco mousse on melon carpaccio with lemongrass oil dressing	US\$25 part of Buffet, no extra charge US\$25 US\$85 (US\$45 credit for HB)
Day 5 Friday, 8th & 15th April	8:30 Morning Yoga at Yoga Pavilion – 60 minutes Menu: Tropical Fruit Skewers, Iced Ginger Tea, Water 7:00 Vegan Breakfast at Lime Restaurant	US\$25 part of Buffet, no extra charge

Prices

Full Package	USD 550 ++
Daily Package Option:	
▶ Day 2 Package	USD 175.00 ++ (BB)
▶ Day 3 Package	USD 300.00 ++ (BB)
▶ Day 4 Package	USD 125.00 ++ (BB)
A la Carte Options	as noted above

The above prices are per person subject 10% service charge and 3.5% GST.

Remarks :

*) The sandbank Yoga is subject to the weather and tide condition. The Yoga Pavilion will be used as an alternative venue.

*) Shirodhara treatment is subject to advance booking and based on the availability.

*) HB = Half Board and BB = Bed & Breakfast

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