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MEDIA KIT 2023

Oneworld Ayurveda Tegallalang

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Who is Oneworld Ayurveda?

Oneworld Ayurveda is Southeast Asia’s leading Ayurvedic centers in Bali offering authentic Panchakarma detox programs.

A Panchakarma at Oneworld Ayurveda is a 7 to 28-night all-inclusive healing journey based on the science of Ayurveda, with first-class service and quality, led by world-class Indian physicians and experienced yoga teachers. Combining the ancient wisdom of Ayurveda with the welcoming hospitality of Bali, the result is a unique alchemy that cannot be found anywhere else.

What is Ayurveda?

Ayurveda is the time-tested, natural, prevention-oriented, and holistic healthcare system of ancient India.

This over 5000-year-old science advocates that living in harmony with nature and maintaining harmony between body, mind, and spirit contribute to a long and healthy life, whereas any imbalance results in disease.

In the past 20 years, Ayurveda has undergone a resurgence. It is now practiced all over the world and often works in harmony with a more modern approach, having been recognized by the World Health Organization (WHO).

What is Panchakarma?

Panchakarma is a holistic detox program based on the science of Ayurveda for cleansing and balancing the body, mind, and spirit through Ayurvedic treatments, medicines, yoga, meditation, and food.

An authentic Panchakarma is beyond a spa wellness holiday.

The word “Panchakarma” translates to “Five Actions” and refers to the five therapeutic procedures used during the program, which may include medicated oils, enemas, blood purification, emesis (therapeutic vomiting), and purgation. Panchakarma aims to remove toxins, restore balance to the body’s doshas (Vata, Pitta, Kapha), and promote overall well-being. It’s used as a preventive and therapeutic approach to maintain health and address various health conditions.

Panchakarma at Oneworld Ayurveda is different for each person. During an initial consultation, the Ayurvedic physician will assess the guest’s bio-energies (doshas) and determine any imbalances, taking into account any underlying health conditions. The physician will then customize a Panchakarma program, including detoxes, treatments, and meals. The guest’s progress is closely monitored by the physician and adjusted as needed.

Two Locations in Bali

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TEGALLALANG



Oneworld Ayurveda Tegallalang

Surrounded by some of Bali’s most spectacular rice terraces and quaint villages, Oneworld’s first Panchakarma center in Tegallalang has welcomed guests since 2016.

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UBUD



Oneworld Ayurveda Ubud

Minutes from central Ubud, this Panchakarma center opened in 2022 on the former residence of the Prince of Ubud amidst a lush jungle garden overlooking rice fields.



All-inclusive Panchakarma

- 7 to 28-night Panchakarma
- Luxurious accommodation
- All Ayurvedic meals
- Regular consultations with our physician
- Twice daily treatments
- Detox day(s)
- Ayurvedic medicines
- Twice-daily yoga & meditation sessions
- Afternoon activities (walks, cooking demos, lectures, etc.)
- Balinese purification ritual
- Letting-go ritual
- Tunika, pants, bathrobe, sarong, and flip-flops to wear during Panchakarma
- Government tax and services

Meet the Team



Claude Chouinard
FOUNDER



Iyan Yaspriyana
CO-FOUNDER & YOGA TEACHER



Wayan Partawan
PARTNER & YOGA TEACHER



Dr. Ninnu Sudarshan, BAMS
HEAD AYURVEDIC PHYSICIAN OF
ONEWORLD



Dr. Joshna K.G., BAMS
RESIDENT AYURVEDIC
PHYSICIAN AT ONEWORLD
AYURVEDA TEGALLALANG



Dr. Rigin K.C., BAMS
RESIDENT AYURVEDIC
PHYSICIAN AT ONEWORLD
AYURVEDA UBUD

Facts

Does Oneworld offer packages or specific programs?

Our experienced doctors will do an initial in-depth consultation to identify the body-mind constitution, balances, and imbalances of bioenergies, the status of digestive fire, physical and mental status, etc. The treatments and type of Panchakarma detox procedure suitable for each individual will only be decided after this initial consultation.

This is the reason why you will not find any pre-designed packages on our website – in Ayurveda, one size definitely does not fit all!

Things to know before planning a Panchakarma at Oneworld

Travelling should be done beforehand because the deep cleansing technique triggers the body’s innate healing process, which continues even after the last day of treatment.

We offer authentic Panchakarma. Therefore sunbathing, swimming, going into Ubud to shop, or other excursions during a Panchakarma should be avoided.

Is it possible to maintain an exercise routine during the stay?

During a Panchakarma detox program, we advise guests not to exert themselves with high impact exercise. There will be gentle yoga and meditation offered twice daily, or a scheduled walks in the beautiful rice fields or the herbal gardens.

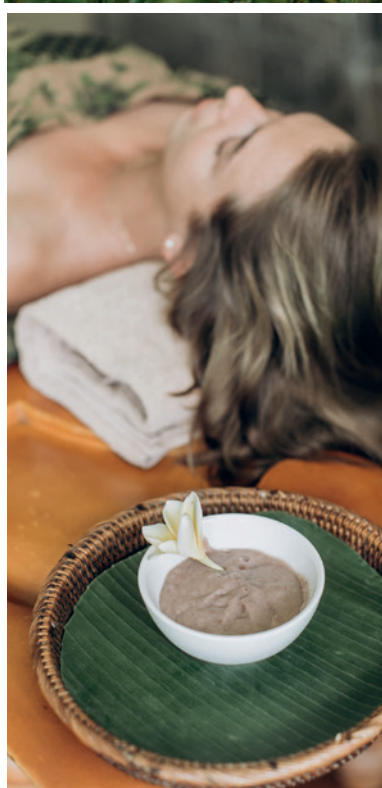
What will a typical day be like during a Panchakarma?

Everybody’s experience will be different. To provide an idea of what a day could look like, here’s a brief outline:

The gong sounds early, gently waking you up in time for your medication. Time for yoga and meditation in the beautiful yoga hall overlooking the rice fields or just relax on your balcony or in the gardens, taking a morning walk. Then it’s time for breakfast before meeting the doctor and experiencing daily treatments in the treatment center. The duration and number of treatments will vary, depending on which stage you’re at.

In the morning, we often hold talks on Ayurveda or cooking demonstrations. After lunch, there is time for relaxation before your scheduled afternoon treatments. This might be followed by a walk through the spectacular rice fields. Early evening there is a meditation class and then it is time to enjoy dinner.

More in our FAQ page: <https://oneworldayurveda.com/faqs/>



HIGH-RESOLUTION PHOTOS AND LOGO



<https://bit.ly/oneworld-photos>

Guidelines

- Please note that “Oneworld” in “Oneworld Ayurveda” is a single word, not separated as “One World.”
- Our locations differ significantly. Oneworld Tegallalang is situated amidst picturesque rice terraces, while Oneworld Ayurveda Ubud is just minutes away from Ubud town, offering a serene jungle-garden view with a palace in its backyard.
- Although we are situated in the island of Bali, famous for its beaches, both our locations are hours away from the nearest beach.

Useful Links

- Oneworld Ayurveda’s main page: oneworldayurveda.com
- About Oneworld Ayurveda Tegallalang: oneworldayurveda.com/tegallalang
- About Oneworld Ayurveda Ubud: oneworldayurveda.com/ubud
- Facts about Ayurveda: oneworldayurveda.com/facts-about-ayurveda
- What happens in a Panchakarma: oneworldayurveda.com/what-happens-in-a-panchakarma
- Blog: oneworldayurveda.com/blog

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Media Contact

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Guest Testimonials

Here are a few sample guest reviews. You can find more on our website and social media.

Oneworld Ayurveda Tegallalang

Amazing! With only a week’s stay here, I feel rejuvenated overall, physically and mentally. I’ll be back for my next Panchakarma. Thank you so much. — Felicia

It is hard to describe the experience in words, it is something you have to do to understand how wonderful it is. The level of care and attention is as if I were a princess. — Brigitte

The PK is authentic and of high quality which is difficult to find even in India. The therapists are very well trained-all of them. The resort is very well-managed and organized. It’s intimate and has a family atmosphere. In short: high quality and good value for money. — Dominique

Oneworld Ayurveda Ubud

I have never felt so cared for and taken care of. I felt quite hopeless regarding my health before arriving and I am leaving with tears of joy. To be seen, heard, comforted, taken care of, and on the path to a healthier body, mind, and soul is overwhelming in the best way possible. — Ciara

I 100% recommend it to anyone looking to improve their health quickly and gain knowledge of what works best for their unique constitution. — Ian

A wonderful way to de-stress, de-tox, re-think, and re-set. An excellent way to get rid of chronic disease and also learn about prevention. — Jane