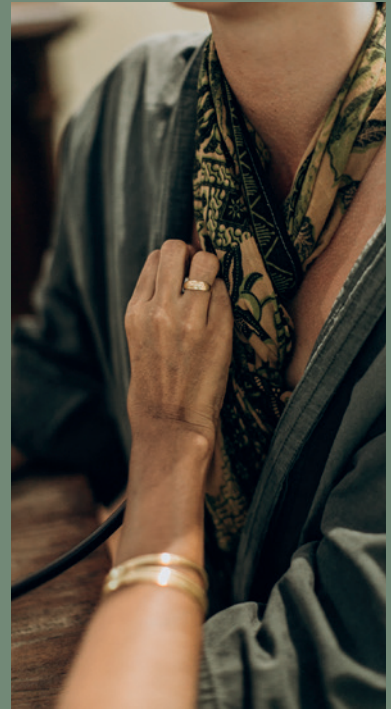


MEDIA KIT 2024



ONEWORLD
ayurveda

Southeast Asia's Leading Ayurvedic Centers

www.oneworldayurveda.com

What is Oneworld Ayurveda?

Oneworld Ayurveda are Southeast Asia's leading centers for authentic Panchakarma (Ayurvedic detox) with locations in Tegallalang and Ubud.

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 comprehensive healing process based on Ayurvedic wisdom, restoring balance and health through a customized regimen of treatments, detox, diet, yoga, and other practices.

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.



3,400++

Guests



79%

Female



21%

Male



Top 5 Countries

Australia

United States

Germany

Switzerland

United Kingdom



Age

25-34



35-44



45-54



55-64



> 65



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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.

All-inclusive Panchakarma

- Start anytime (based on availability)
- 7 to 28-night Panchakarma
- Transportation from/to the airport/South Bali
- Luxurious accommodation in the middle of Tegallalang rice terraces
- All Ayurvedic meals (vegetarian)
- Daily consultations with our physician
- Twice daily treatments (except on the first day)
- Detox day(s)
- Daily morning and evening yoga and meditation sessions
- Individual purification ritual
- Individual letting-go ritual
- Ricefields & village walk available twice daily
- Engaging mid-day activities (Ayurvedic lectures, workshop, cooking demo, and Bali talks)
- Tunika, pants, bathrobe, sarong, and flip-flops to wear during Panchakarma
- Government tax and services

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UBUD



Oneworld Ayurveda Ubud

Located in Ubud, this Panchakarma center opened in 2022 on a serene palace property offering top-quality experiences amidst a lush jungle garden overlooking rice fields.

All-inclusive Panchakarma

- Start every Sunday based on the calendar
- 7, 14 and 21-night Panchakarma
- Transportation from/to the airport/South Bali
- Classic Balinese accommodation in a jungle-style garden
- All Ayurvedic meals (vegetarian)
- 3 consultations per week with our physician
- Twice daily treatments (except on the first and final days)
- Detox day(s)
- Daily morning and evening yoga and meditation sessions
- Group Agnihotra purification ritual
- Group letting-go ritual
- Ricefields & village walk once a week
- Afternoon activities (Ayurvedic lectures, workshop, cooking demo, and Bali talks)
- 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

Frequently Asked Questions

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, 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 scheduled walks in the beautiful rice fields or the herbal gardens.

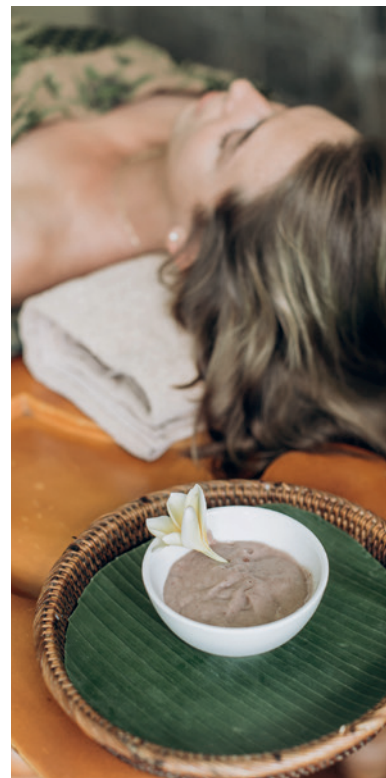
What will a typical day be like during a Panchakarma?

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 in the evening there is a meditation class and then it is time to enjoy dinner.

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



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 on the island of Bali, famous for its beaches, both our locations are hours away from the nearest beach.

HIGH-RESOLUTION PHOTOS AND LOGO



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

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

OUR SOCIAL MEDIA ACCOUNTS



[@oneworldayurveda](https://www.instagram.com/oneworldayurveda)



[@OneworldAyurveda](https://www.youtube.com/OneworldAyurveda)



[@OneworldAyurveda](https://www.facebook.com/OneworldAyurveda)

Guest Testimonials

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

Oneworld Ayurveda Tegallalang

“So profoundly, one of the most extraordinary things you could do for your health. You walk in one person, and out another version—more grounded, happy, healthier & glowing. This detox gets right into your body & soul and releases your mind from any worries. A deep contentment arrived just days in & you will be cared for by all of the team—you can truly surrender. This is magical.”

– Natalie, Australia

“It was a privilege! The atmosphere and attentive care made me feel at home. The treatments were meticulously tailored to my needs. The Ayurvedic physicians’ expertise created a deeply healing experience, I felt revitalized. I wholeheartedly recommend it to everyone.”

– Angela, Italy

“It was absolutely great. One of the best experiences I’ve ever had. I came here quite nervous and anxious now 8 days later I feel much calmer and better. Having 2 treatments a day was the best! Everything was very professional. Thank you to the whole team of Oneworld. I’ll be back. All the best.”

– Marlon, Switzerland

Oneworld Ayurveda Ubud

“Life-changing—I feel like a human again and I didn’t think that was possible. Amazing team, amazing doctors. Feel very loved and taken care of. Thank you”

– Ewa, Indonesia

“I think everyone should be able to have this experience at least once in their life. There is something for everyone who is looking to improve their overall health. Thank you to all the staff at Oneworld Ayurveda Ubud. I was treated like royalty.”

— Celina, Hungaria

“An eye opening opportunity to live a healthier life and take better care of how and what we eat. A privileged moment of healing and learning ancient practices to make our body and our mind better, stronger, and wiser”

– Victor, Columbia

Testimonial Videos

https://www.youtube.com/playlist?list=PLZ-XC0FtT1zysXAzWY_p3gZuuDozMo8Om

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