

A RETREAT TO REMEMBER

Modern design in a remote retreat—**Woods at Sasan** blurs the lines between nature and architecture

The first thing one notices at Woods at Sasan is an overwhelming feeling of serenity. Bright, open skies, a gentle breeze, a vista of waving green, and the traditional namaste! of the smiling staff welcome you to this one-of-a-kind retreat in Gujarat, India. Tucked away on the edge of the Sasan Gir forest, the land of lions, Woods at Sasan is at the forefront of sustainable hospitality and wellness in India. The retreat is the flagship project of 1000 Island Hotels & Resorts, Ahmedabad. 1000 Island Hotels & Resorts is also coming up with several sustainable well-being projects.

Says Maulik Bhagat, Founder, Woods at Sasan, "Our retreat is a place of well-being, a hideout in the heart of nature. In the words of Gibran—*forget not that the earth delights to feel your bare feet and the winds long to play with your hair*. That's exactly the kind of healing and experience that we offer."

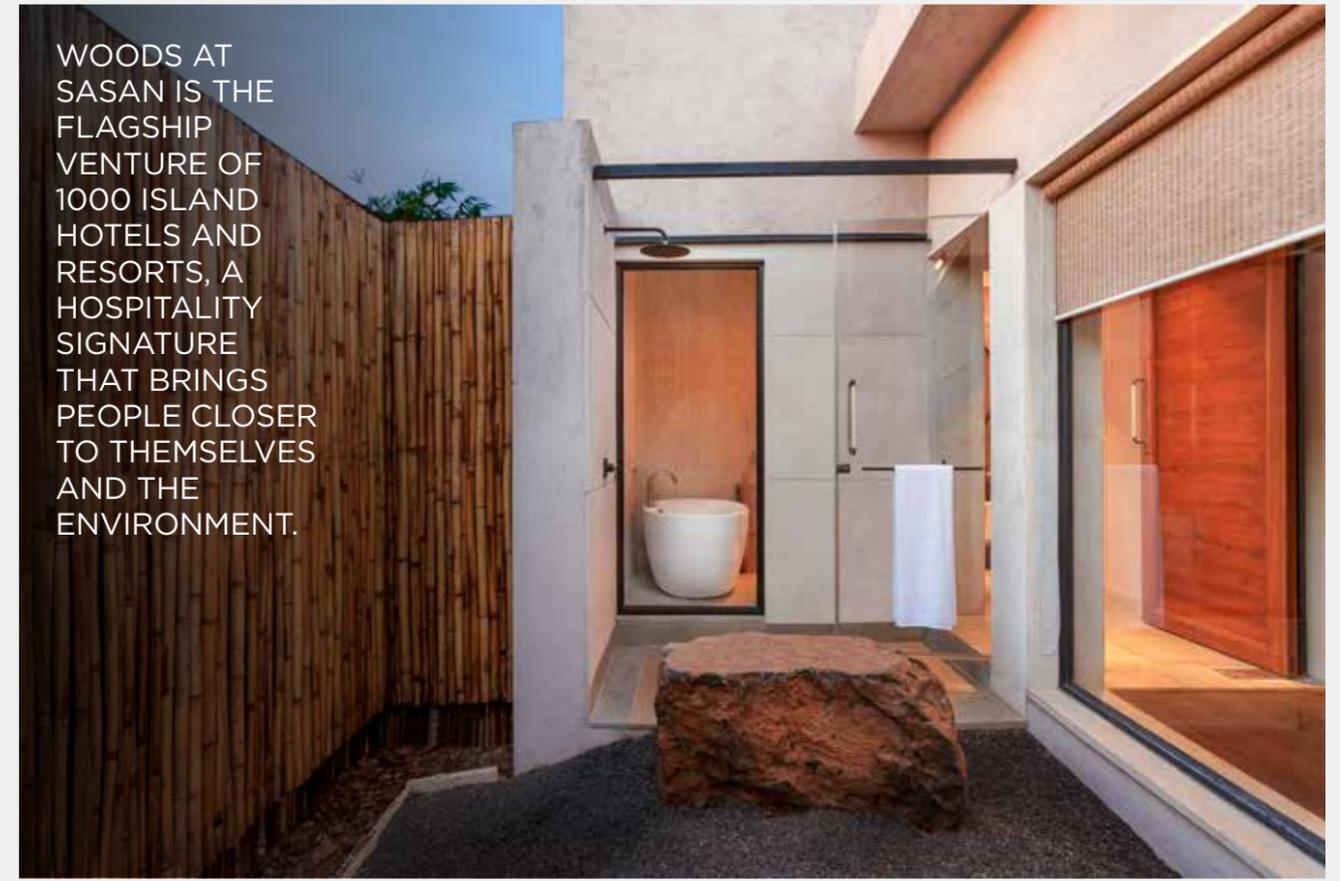
MODERN DESIGN ON THE EDGE OF THE SASAN GIR FOREST

Based on biophilic design guidelines, the 38-key retreat blends gracefully into the landscape—the 16-acre property is a composition of nature-connected spaces that derive from an understanding of mindful design and construction. The ethos behind Woods at Sasan is manifold but simple—modern design for a pared down and timeless character to the architecture,

minimal impact on the environment, and an intense focus on biophilia that's visible from the word go. The retreat is situated on an old mango orchard and the original inhabitants—280+ mango trees are still part of the retreat with all the buildings being built around them. Treading lightly on the environment, Woods at Sasan is built using predominantly natural, non-toxic, reclaimed and re-usable materials to minimise the carbon footprint and concrete use. The buildings' footprint on the ground floor cover 12-17% of the total land area, and semi-open spaces approximately 30% of the total built-up area.

Elegant and minimal, the buildings are designed for natural cross-ventilation with large doors and windows that open into gardens or terraces, allowing guests to experience a smooth transition between indoors and the outdoors. 9" thick walls finished with lime plaster, floating roofs and private wooden decks help naturally cool the rooms, with thickets of trees, bamboo brakes and grasses adding to the shade. The interiors are a blend of handcrafted furniture of reclaimed wood, bamboo accessories, hand-made ceramics, terracotta and macrame decorative items, beadwork, pottery and hand-dyed khadi furnishings, all made by local artisans lending the place a unique blend of modern and traditional décor, and displaying an integrity of form, function and decoration that's impossible to miss.

WOODS AT SASAN IS THE FLAGSHIP VENTURE OF 1000 ISLAND HOTELS AND RESORTS, A HOSPITALITY SIGNATURE THAT BRINGS PEOPLE CLOSER TO THEMSELVES AND THE ENVIRONMENT.



A REMOTE REFUGE FAR FROM THE HUBBUB OF THE CITY

"2020 was a pivotal year—homes became the 'new sanctuary'. The ample time for introspection and self care shifted the focus of people around the world from material gain to wellbeing. In this changing landscape, wellbeing has extended into hospitality, and a retreat like ours furthers the boundaries of hospitality from just an enjoyable stay to one that supports and encourages transformative and life-changing experiences," says Maulik.

And indeed, Woods at Sasan is spearheading a whole new way of wellbeing—a slow, sustainable, nature-immersed lifestyle that encourages introspection and transformation

from within. Delving deep into the wellness precepts defined by Ayurveda and layering it with the needs of modern living, their unique Wellness Pathways offer a holistic approach to healing. A three-pronged approach involving the mind, body and spirit is the framework for their bespoke Pathways—a combination of Ayurvedic treatments, reiki, sound healing, osteopathy, yoga, tai-chi, nature walks and farm-fresh, balanced meals that encourage physical and mental restoration and renewal. Their in-house Ayurveda practitioner charts out personalised Pathways best suited to each guest's individual requirement along with suggestions for more far-reaching lifestyle changes.

"To put it succinctly, the built environment of Woods at Sasan is the 'hardware' and is a perfect match for the 'software' of our Sustainable Wellbeing Lifestyle," says Maulik. "Whether you're looking for some quiet downtime or a thorough rejuvenation, we'll work with you to create your ideal experience."

And indeed, a stay at this nature rich retreat leaves one feeling refreshed and cleansed, and ready to once again take on the world!

Designed and developed by brand's in-house 1000 Island Design Atelier in India with Lead Design Advisor - Maria Portela, Barcelona

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