



# A BIOPHILIC SLOW DOWN IN A REMOTE RETREAT

As India opens to international travel, book yourself a rejuvenating stay at Woods at Sasan, a quiet retreat in Gujarat — an ideal destination for a well-earned rest in these trying times



freshness and balanced nourishment.

Their farm-to-table approach with ingredients sourced from their own orchard are cooked to perfection and are a refreshing change to the palate. The Nutritional Pathways are based on the ancient Sattvic principles of eating the right foods at the right time and aligned with natural circadian rhythms. The mindfully curated Sattvic meal plan is surprisingly delicious and very rejuvenating. But for a truly unforgettable experience, sign up for the Sattvic Silent Dinner — a freshly prepared meal that is eaten in the open by candlelight in complete silence. The activities on offer include forest bathing, eco-trails, cycling expeditions and birding tours with the in-house naturalist along with Tai-chi and open-air yoga and meditation classes. The progressive wellbeing experts at the retreat offer personalised wellness consultations and healing therapies such as sound healing, reiki and lama-fere as well as bespoke Ayurvedic pathways. For nature lovers, the Game Safaris with the in-house naturalist who dishes out intriguing forest facts, is a great experience.

A holiday at this nature rich retreat leaves one feeling refreshed and cleansed — a true rest that can only be brought about by slowing down and living well. Situated within, but still a far cut from the tourist beat, this outstanding modern retreat in the woods is an hour's drive from the scenic town of Diu, or a 5-hour drive from Ahmedabad with a pick-up and drop from the nearest airports in the retreat cars. The retreat is recognised internationally as a sustainable and low environment impact vacation spot that also supports and promotes the local economy. In these fast-paced times where being still is an anomaly, Woods at Sasan offers the rare luxury of just being present in the moment, every moment.

2020 was a year that redefined life as we know it with the home as the 'new sanctuary'. As life and work shifted indoors, we discovered ample time for the self, looking inward rather than outward for growth. Fulfilment was defined by new parameters – quietude and introspection. In this changed landscape, holidays shifted from popular tourist beats to remote retreats that offer the healing touch of nature and space for self-discovery and realisation.

If you are looking for a space that lets you be one with nature while you rejuvenate and relax, Woods at Sasan is the place to be. A quiet retreat in Gujarat, this resort is one of the first spaces in India that successfully melds biophilic design principles of architecture with thoughtful hospitality. Nestled on the fringes of the Sasan Gir forest and sanctuary, the eight-acre space is built around an old mango orchard that has over 280

mango trees among a host of other species. Tucked into this remote oasis of deep green, the retreat is a blend of gorgeous contemporary spaces that merge into the surrounding forest. Designed with modern architectural principles to respond to regional conditions, Woods at Sasan is built using locally sourced, non-toxic, reclaimed and reusable materials to minimise concrete use and reduce carbon footprint. It combines elegant wood interiors enhanced by unpolished stone, terracotta artefacts and hand-woven macrame rugs. Cool lime plastered walls washed with natural light through clear glass facades offer a soothing view of the vivid scenery. The 38-key property boasts 11.5% of the building footprint and 30% of the total built-up as a semi-open area. The people at Woods at Sasan are active proponents of community involvement in the running of the resort and provide



employment to a number of the local populace especially craftspersons – khadi, macrame, embroidery and ceramicware and terracotta are part of the interiors lending it a memorable blend of modernity and tradition.

Woods at Sasan is spearheading a whole new way of wellbeing – a slow, sustainable lifestyle that encourages one to really unwind, experience and be aware of the beauty of the surrounding forest and immerse oneself into local experiences that are unique as well as low on environmental impact. The retreat offers a selection of Wellbeing Programming Pathways that offer a holistic approach to self-care. The three-pronged approach involving the mind, body and spirit offers up Pathways that combine individually tailored wellness routines — a combination of physical activities such as open-air yoga, nature and cycling trails and meals that focus on



**WOODS**  
— AT —  
**SASAN**

For more information,  
email  
[reservation@1000island.in](mailto:reservation@1000island.in)  
or call 8758100055/  
+912877-281000