

A watercolor painting of a landscape. In the foreground, there are dark green bushes on the left and a cluster of red and orange autumn leaves on the right. A body of water, possibly a lake or river, stretches across the middle ground. In the background, there are rolling hills or mountains under a pale, hazy sky. The overall style is soft and painterly.

# explore

our resort services

# ā

This painting has been specially commissioned for Atmantan. The water colour is the artist's expression of Atmantan and has been illustrated by

**Mr. Rajendra S. Baoni**

(A 38<sup>th</sup> generation of traditional Rajput Gharana painter and National Award winner).



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# ATMANTAN & YOU

Atmantan' is the divine amalgamation of the *atma*{soul}, *mana*{mind} and *tann*{body}

We at Atmantan recognize that deep and lasting change can only be made when these three components of our existence are ceremoniously and scientifically healed, in unison.

## Our PHILOSOPHY...

- Atmantan is an international, INTEGRATED WELLNESS DESTINATION... where you are served and cared for with the warm Indian values of hospitality. Here we help you understand the relationship between sound nutrition and the functioning of the body. At this pristine destination you coalesce your body, mind and soul and return as a renewed individual, heart whole and fancy free.
- ATMANTAN IS WELLNESS... After all true wellness is more than the mere absence of disease, it is determined by the decisions and choices we make to live our life with vitality and meaning.
- Our WELLNESS WORLD spans nutrition, spa therapies and functional fitness programs to cosset and enhance you, while you indulge in luxury living.
- Atmantan has certified experts in Ayurveda, Naturopathy, Pranic healing and fitness, all of who will conceive the perfect 'WELLNESS FORMULA' keeping your abilities and requirements in mind.
- Atmantan believes in providing WELL-RESEARCHED AND PRACTICAL LIFESTYLE ENHANCEMENT PROGRAMS to individuals looking to initiate the journey of bettering their health.
- We want you to live well... to truly live your life at its best, and not simply exist as a shadow of the glorious being that you have the potential to be; come live wellness the Atmantan way. LIVE WELL, TRULY WELL.

## ATMANTAN has...

- Atmantan is nestled in the majestic Sahyadri Mountain range, which are older than the Himalayas and influence the Indian monsoon is a big way. The resort is spread over 40 acres of awe-inspiring valley that overlooks the turquoise Mulshi Lake. OUR LAND OF THE CRYSTALLINE MOUNTAINS, is one that has energy and healing vibrations.
- The ARCHITECTURE of the resort enhances the spectacular views of the lake and valley and is ONE OF MINIMALISTIC DESIGN. The resort blends seamlessly into the foliated nature of its land and most uniquely, every

building at the resort has been so designed that when you walk into the building, you also walk into the view!

- **PASSIONATE AND HEALTH-INSPIRED OWNERSHIP**, who believe deeply in wellness and the concept of healthy living. Atmantan is the outcome of their dedication and determination, created to support the wellness journey of individuals like yourself.
- **The BEST IN CLASS CONSULTANTS and TEAM**, which are amongst the most experienced and inspired people in the wellness industry, and are looking forward to serving you.
- **Created comprehensive and RESULT - ORIENTED WELLNESS PACKAGES/RETREATS FOR ALL OF YOU** so as to offer you dynamic and educative wellness experiences.
- **An INTEGRATED SERVICE APPROACH**, where guests are catered the optimal mix of wellness, spa cuisine and hospitality.

Being well and having GOOD HEALTH IS OUR MOST VALUABLE POSSESSION...

ATMANTAN will assist and guide you to achieve this true wellness!



### **Our Inspiration:**

"I saw the angel in the marble and carved until I set him free."

- Michelangelo

### **BRAND PROMISE**

We see a healthy person inside everyone and we want to help set that person free... we want to transform you.

ātmantan®  
be transformed



# RESORT FACILITIES & SERVICES

## ACCOMMODATION

All Atmantan rooms have been furnished with plush King or Twin sized beds and sink-in loungers. Floor-to-ceiling view windows bathe the room in natural light, and when need be, the blackout curtains enable guests to transform the room within seconds, from day to night for precious shut-eye. Indulgent en-suite marble inlaid bathrooms complete with shower facilities and a stunning glass windowed bathtub overlooking breathtaking scenery, provides for luxurious balneotherapy. All the rooms further extend into spacious private balconies or sit-out gardens on the lower floors, which open to the spectacular landscape of Atmantan. These amenity-rich guestrooms have been designed for both guest comfort and luxury. All singular units have satellite TVs, central air-conditioning with fresh air circulation provisions, telephones, refrigerators, electric steel kettles, wardrobe safes, irons and ironing boards, hair dryers, bathrobes and exquisite aromatherapy bath products (free of harmful-preservatives). Atmantan offers guests myriad views and sizes of accommodation spaces such as:

### **Asoka & Arjuna Garden Groves**

These are groves of 80 garden facing rooms ranging between 370 to 418 square feet each.

### **Acacia & Amaltas Lake Groves**

These groves house 24 guestrooms, and every one of these have inspirational views of the lake and the sun kissed mountains in the horizon. These spacious 440 to 650 square feet rooms have been strategically built so as to provide the guests with expansive views of the Mulshi Lake.

### **The Mango Tree Villa & the Rain Tree Villa**

These stand uniquely resilient at Atmantan as the princely one bedroom suite villa (1500 square feet) and the two bedroom suite villa (2500 square feet), respectively. Complete with private infinity pools, personal gymnasiums, indulgent couple spas, sauna and steam facilities and personal butler pantries, these villas are selfsufficiently luxuriant to the core. The resplendent en-suite bathrooms itself are thronged by walk-in wardrobes at one end and refreshing open-to-sky outdoor showers at the other. Both the villas enthrall you with 270 degrees view of the majestic Sahyadri Mountains and the pristine Mulshi Lake. The floor to ceiling glass walls here open into stunning man-meets-horizon porches, and these villas even have their own gravity defying pagodas which bring breathless splendour to in-room dining. The gorgeous sun-kissed gardens around the villas, encompass the rich landscape of the land and complement the privacy of these presidential villas

## **AIRPORT**

The nearest airport is located in Pune at a distance of 58 Kilometres.

## **AMPHITHEATRE - PRANA**

The serene horizon touching Amphitheatre – *Prana* (meaning 'life giving force') at Atmantan, provides you with an inspiring space to soul-search, meditate, relax and delve deep into the realms of self-realization. *Prana* offers you the most breathtaking view of the Sahyadri Mountains and Mulshi Lake!

## **BANKS**

The nearest ATM is located in Paud, which is at a distance of 19.7 Kilometres from Atmantan.

## **CAR RENTALS**

Please contact Resort Services in order to book a chauffeur driven car. Request you to provide a notice of at least 4 hours prior to requirement. We do not offer cars for the basis of self-drive.

## **CHECK IN TIME**

The hotel check in time is 1 pm (13:00 hours).

## **CHECK OUT TIME**

The hotel check out time is 10 am (10:00 hours).

## **CHILDREN'S POLICY**

Guests must be 18 years or older to check in. TEENAGERS however, above the age of 14 are allowed to accompany their parent/guardian to the resort. These teenagers (between the ages of 14-18 years) have access to all group activities and can avail the spa treatments, Sauna, Steam & Pool facilities with the written consent of their parent/guardian.

## **CONCIERGE SERVICE**

For any assistance with travel arrangements, car booking or ticket reconfirmation, please contact Resort Services.

## **CONFERENCE AND BANQUET FACILITIES**

We have a private 120 seater Conference (*Nirvana*), and a 14 seater Boardroom (*Ajna*) at Atmantan that enables wellness corporate gatherings at this aspiring getaway destination spa. Banquet facilities are also available for these gatherings.

## COURIERS AND POSTAL SERVICE

Courier and Postal service is available at Front desk. Charges applicable.

## DOCTOR ON CALL

Please contact Resort Services for assistance.

## DINING PAVILION

### SPA CUISINE

All the outlets at the Dining Pavilion offer you exquisite Spa Cuisine, which is essentially healthy, eye-pleasing and palate-watering food. This is a creative recipe style that both maximizes the nutritional benefits of the ingredients used and is sumptuous to behold. You experience this spa cuisine at its best at Atmantan!

Atmantan's spa cuisine philosophy has its roots in traditional beliefs that locavarian (locally grown seasonal produce) food best maintains and restores health, vitality and wellbeing. We recognize the healing power of earth's medicine in the form of plant based ingredients, including the healing properties of aromatic herbs and spices, and hence only use farm fresh plant and meat produce.

With a fusion of international culinary styles, from macrobiotic to Ayurveda, Mediterranean to Asian, our epicurean journey enables guests to redefine wellness and healthy lifestyle choices. Taste exquisitely nutritional, gourmet cuisine while residing in the pristine natural valley of Atmantan, and breathe anew, as you imbibe in the magical and healing powers of the Sahyadri Mountains and rejuvenate in the land of *Prana* (life-giving force). We encourage you to experience all our OUTLETS at the Dining Pavilion as mentioned below. Please contact Resort Services for any further assistance. ***We do not provide in-room dining.***

## té\*jus

The name means 'inner energy' in Sanskrit, and in its duality is also a derivation of the words 'tea' and 'juice'.

This is the "Atmantan Bistro" serving epicurean healthy delights prepared a la minute using farm fresh produce which complements our wellness retreats for those looking for in between energy lifts and sustenance.

Mornings : 10 AM to 12 NOON

Evenings : 3 PM to 6 PM

## VISTARA

The name means 'spectacular view' and is a hybrid of 'vista' and the Sanskrit word '*vistaar*' meaning 'expanse'.

Vistara, is our food theatre that gives you a holistic dining experience that truly inspires your taste buds. With alfresco and indoor seating, we serve creative and nourishing spa cuisine here. It opens for breakfast, lunch and dinner.

Breakfast : 6 AM to 9:30 AM

Lunch : 12 NOON to 2:30 PM

Dinner : 6:30 PM to 9:30 PM

## Chāntārā

The name means 'the sparkling night sky' and ensues from the Sanskrit words, '*chaand*' meaning the 'moon' and '*taara*' meaning 'star'.

This is the Barbecue Lounge at Atmantan and serves innovative grills paired with hot/cold soups and invigorating healthy mixers. Open in the evenings, guests unwind here midst music and sizzling spa cuisine, under the starlit sky.

Dinner : 6:30 PM to 9:30 PM (Opens twice a week for dinner)

Please contact Resort Services for any assistance.

### Soulful Spoon

Our Culinary team looks forward to engaging you as they create eclectic delicacies live in this outdoor kitchen where you can begin your nutritional journey first hand. Here is an opportunity for you to participate in cooking and tasting true wellness cuisine and be transformed!

Please contact Wellness services for the scheduled cooking classes during the week. Please register to confirm your attendance.

### Chef's Garden

A guided tour of the Chef's garden will give you an opportunity to observe and study the local fruits and vegetables grown for Atmantan. This farm tour besides being part of our daily activities can be organized by calling Resort Services too.

### Dress Code in the Dining Pavilion

Smart casuals is recommended in the Dining Pavilion at Dinner time. Bathrobes and in-room slippers are however not permitted at any time in the entire Dining Pavilion.

### EMERGENCY

In case of an emergency, please call Resort Services for assistance and guidance. In case of an evacuation, please follow the escape route shared on the map behind your room door.

## **FOREIGN EXCHANGE**

We provide Foreign exchange services for all major currencies. Please contact Front Desk for assistance.

## **GRATUITY**

We discourage individual tipping and recommend leaving gratuity for the whole team, should you wish to. We have envelopes at the Wellness and Front Desk, for a later distribution of the same.

## **PARKING**

We provide parking facilities and limited valet parking. Parking is at owner's risk. The resort will not be liable for any loss or damage to the vehicle.

## **PAYMENT OPTIONS**

We accept electronic wire transfers and Demand Drafts as modes of payment. We also accept the following credit cards - Amex, Mastercard, Visa. We accept foreign exchange in currency or in travelers cheques.

## **RAILWAY STATION**

The nearest railway station is located in Pune at a distance approximately 52 Kilometres.

## **SMOKING**

In the spirit of wellbeing, the resort has been designed as a tobacco free space. There is however, a separate designated area for guests who would still like to smoke. Smoking or evidence of smoking in any other area will result in a maintenance charge of INR 10,000.

## **SPA PRODUCTS**

### **THALGO *La Beaute Marine* Facial Range**

We use the exclusive skin solutions from Thalgo that has been manufactured by experts in Marine Intelligence, with over 50 marine active principles identified, extracted and concentrated in exclusive ingredients with unrivalled properties. Created from the sea, Thalgo has a duty to minimise its ecological footprint and hence the skincare products are free of parabens, mineral oil, propylene glycol, GMO's, and ingredients of animal origin. None of their products are tested on Animals.

### **Breathe Aromatherapy**

We use the highly regarded Indian Aromatherapy brand - **Breathe Aromatherapy**

that has prepared a special range of oils, wraps, scrubs and room amenities for Atmantan. The body treatment oils used are completely natural and free of all harmful preservatives. Breathe Aromatherapy uses the finest natural essential oils and natural ingredients.

## SPORTS PAVILION

This includes the indoor recreational zone (***Baudhik Hub***), outdoor leisure game areas and the gymnasium area.

Guests can choose to participate in indoor games (Table Tennis, Pool table, Foosball, Carom and other popular board games) and conferences at the *Baudhik Hub*, or even indulge on **Croquet, Mini Golf** and workout out in the **Outdoor Gymnasium** (Timings for the outdoor gymnasium is: 7 AM to 5 PM). All of these outdoor spaces are adjacent to the indoor *Baudhik Hub*.

TIMINGS: 10 AM to 5 PM

## TRANSPORT IN THE CLUB CAR/GOLF CART

Club cars are available to guests with walking difficulties and their availability is limited. If you require the services of a club car please allow 30 minutes for the same to be arranged. To request one, please contact Resort Services.

## WELLNESS PAVILION

Shared below are the facilities in our Wellness Pavilion, and their opening times.

## Atmantan Spa

The Atmantan Spa is your haven of bliss and wellness. Therapies at Atmantan are all based on the concept that our bodies have the innate capacity to self-heal, and through the optimal channelling of body's own energies, the benefits are manifold.

Therapies at Atmantan are all based on therapeutic services. We believe that wellness is imbibed on multiple levels, may it be physical, mental or even spiritual; our practitioners are hence trained to enable this self-healing process through our tried and tested treatments. Our extensive wellness and spa menu called REJUVENATE, spans traditional Ayurveda, oriental acupressure, aromatherapy massages, Chi Nei Tsang, purifying body polishes, cocooning wraps and Pranic Healing with chakra cleansing. It also includes specialist hydro therapies such as the Hammam, Vichy showers, colonics and balneotherapy.

We have 23 spacious treatment rooms, all of which have unique interior designs that reflect the treatments we offer and have been furnished to enhance guest receptiveness and experience.

As a spa committed to integrated healing, all of the oils, wraps, scrubs used in our therapies (the entire **product range** here at Atmantan) is pure, natural, aromatherapy-based, and made from pure plants and herbal extracts. Devoid of chemical preservatives and synthetic formulas, our selected products ensure comprehensive healing benefits inside and out. Complementing the high-touch approach, the spa uses technologies supported by medical and scientific research, and at the same time embraces the principles of Pranic healing and bio-energy transfer to the body via water, air and sound.

The ultimate healing power of each treatment at Atmantan is not just skin deep but resonates on a more holistic level, transcending the individual to a renewed level of harmony, balance and tranquillity.

TIMINGS: 9 AM to 7 PM

### **Atmantan Salon**

The Atmantan salon at the Wellness Pavilion is available for your grooming needs, may it be hair, body or face. Our various salon offerings are mentioned in our wellness offering booklet – REJUVENATE.

TIMINGS: 10 AM to 5 PM

### **Boutique - *SANDOUK***

The boutique outlet - *SANDOUK* is located at the Wellness Pavilion and is available for you to purchase exclusive wellness products ranging from healing jewelry, spa products, room amenities, healthy eats to souvenirs for your perusal. It also stocks a few yoga and fitness essentials for your convenience.

TIMINGS: 10 AM to 5PM (Open 6 days a week)

### **Daily Group Activities Schedule**

Our Wellness Team will be happy to share the daily group activities schedule which we encourage you to participate in through the day. Please contact Wellness Services for more details.

### **Physiotherapy**

At Atmantan, we believe in optimal lifestyle management and so offer physiotherapy to all our guests. Our physiotherapists interpret and offer corrective workouts to guests based on their individual requirements. Lifestyle and other life incidents cause a variant in our body mechanics and this can only be rectified through isometric and prescribed exercises.

We have a devoted physiotherapy section within the Wellness Pavilion where you can avail treatments and services as mentioned in our physiotherapy menu of the wellness offering booklet - REJUVENATE

TIMINGS: 9 AM to 6 PM

### **SHAKTI, Gym & Fitness**

SHAKTI includes a high-tech **gymnasium**, a functionally inspired **aerobic studio**, a spacious **yoga studio** containing the unique yoga rope wall, an indoor **spinning studio** and a multi-functional **Pilates and dance studio**.

TIMINGS: 7 AM to 7 PM

An **outdoor gymnasium** is also available at the Sports Pavilion.

TIMINGS: 7 AM to 5 PM

### **Swimming Pool**

Atmantan offers a unique enclosed temperature controlled, environmentally friendly & chemical-free salt water pool. This pool uses the path-breaking salt cleansing technology to cleanse the water, rendering the pool both antibacterial and anti-allergic.

Salt water pools are supremely healthy for swimmers and for those who enjoy being in water. As compared to chlorine-treated water, salt water is softer on skin, eyes and hair. Additives and high levels of chlorine are many a times responsible for the irritation experienced by swimmers; this irritation is absent in a salt water pool, making it most suitable for asthmatics and allergy prone individuals.

TIMINGS: 7 AM to 7 PM

### **Kriya Pavilion**

This devoted cleansing Kriya facility is adjacent to the Wellness Pavilion. This is where you go to avail many of your prescribed cleansing therapies as mentioned in the **Cleansing Rituals** menu in our wellness offering booklet – **REJUVENATE**.

TIMINGS: 6 AM to 7 AM

### **Visiting Consultants**

Special workshops and private sessions with visiting consultants are scheduled throughout the year. These teachers, therapists, healers, Ayurvedic doctors and guides visit us from around the world to share their talents and gifts with those who choose to explore and understand the deeper realms of holistic wellbeing.

Please contact Wellness Services for further information.

### **WHEELCHAIR**

A wheelchair is available at Front Desk. Please contact Resort Services.

## **ROOM FACILITIES & AMENITIES**

### **ADAPTOR**

There is a universal adaptor point placed at the writing desk/dresser corner of the room. An extra multiple plug adaptor is also available on request. Please call Resort Services for assistance.

### **AIR CONDITIONING**

All rooms are fully air conditioned with individual temperature controls. To conserve energy, the air conditioning will switch off when the key-card is removed from the slot, and it will switch back on again when the key-card is re-inserted.



**ALTITUDE TIPS**

Atmantan is located at a height of 616 meters above sea level. To enjoy your stay to the fullest, please drink sufficient water to remain hydrated. We recommend you carry sun protection while you walk around the resort. We recommend practical attire and footwear to protect you from insects or weather conditions while you move comfortably around the resort.

**AROMATHERAPY BATH PRODUCTS**

Experience our exquisite selection of earthy, natural and chemical free aromatherapy bath amenities in the rooms. These have been specially designed by Breathe Aromatherapy, for Atmantan and have been provided for your indulgence in eco-responsible refillable bottles. Should you wish purchase these, the same are also available at *Sandouk* (the boutique outlet at the Wellness Pavilion).

**BAGGAGE**

To arrange for collection of your luggage upon check out, please contact Resort Services. We also provide the facility of baggage storage.

**BOTTLED WATER**

We provide potable water daily in your room. For assistance, please call Resort Services.

**DND (DO NOT DISTURB)**

Please use the DND (DO NOT DISTURB) switch located at your bedside and leave the same on, if you do not wish to be disturbed.

**ECO-RESPONSIBLE**

We are a proposed GOLD LEED certified project and have incorporated the best practises of architectural design, material selection and energy conservation. We are committed to being environmentally responsible and encourage you to recycle and reuse supplies where applicable and refrain from wastage. Do contact our Engineering team should you be interested to learn more about some of the path breaking initiatives that we have incorporated at Atmantan

**ELECTRICAL SOCKETS**

The electrical sockets in your room are of 220 Volts. The shaver socket in the bathroom is of 110 volts.

**EMERGENCY**

In case of an emergency, please call Resort Services for assistance and guidance. In case of an evacuation, please do not panic. Please follow the escape route shared on the map behind your room door.

## ENERGY CONSERVATION

We recommend you to remove your room key-card from the slot before you leave the room. Please note that the lights will switch off automatically and the temperature of your room increases when unoccupied. This restores back to preset levels the moment you enter your room and re-insert your room card. The **hot water** provided at the resort is heated through our **state of the art solar panels**; in fact, we have **the largest Solar Hot Water Installation for a resort in the country!** (You can read more about our ecology initiative in the 'Atmantan & Ecology' section)

## GUEST BAG

A specially designed ATMANTAN bag has been placed in your wardrobe. Please feel free to use this for your convenience at the resort and please feel free to carry this memento with you on your departure.

## HOUSEKEEPING

Daily service is provided to refresh your room. As a commitment to preserve our water resources, we encourage you to make a difference and support our efforts. Please refer to our green card shown here on the right, which gives you the choice to have your room linen changed.

## IN ROOM SAFE

Please make use of the in-room safe for the safe keeping of your important documents and valuables. The resort management is not responsible under the state law for any item missing from your room.



### **IN ROOM SERVICE**

We do not provide in-room dining except in the case of a guest illness or a doctor recommendation. Please do come to the Dining Pavilion for all your meals and we promise you a pleasant and mindful eating experience here.

### **INTERNET**

Complimentary WIFI is available to you up to a limited bandwidth. High speed bandwidth is provided at an additional charge. Please contact Resort Services.

### **KEY-CARD**

Please safeguard your room key-card. If you lose your key-card or it is stolen, please report the same to the front desk immediately. Please deposit your keycard at the front desk upon checkout. This helps us protect your privacy and also reuse the card in an eco-conscious manner.

### **LAUNDRY**

We provide laundry services. Please contact Resort Services for the same. Laundry received before 10 AM will be laundered and returned to you on the same day, else on the following day. Express service requests received will be processed and delivered within four hours, at a 100% surcharge.

For your convenience, a laundry bag with a laundry list is provided in your wardrobe. Please fill in the required details before placing the list inside your laundry bag. Please note that we do not provide dry-cleaning services. Do contact Resort Services for collection of your laundry or any additional queries.

### **MESSAGES**

Please press the "message" button on your telephone in order to access your voicemail and any messages left in your voicemail box

### **MOBILE DEVICES**

As courtesy to the wellness experience of our fellow guests, the use of mobile and electronic devices is not allowed in shared spaces.

### **MATTRESS**

The mattress in your room - ACCOLADE is a patented design and the only one in the world to have been certified by the American Chiropractic Association. This has been specially designed for ATMANTAN and for your comfort at the resort. If you wish to purchase this, please contact Resort Services for assistance.



**ACCOLADE** divides your body in 5 different zones providing each zone with the specified support system needed for the perfect sleep. **ACCOLADE** is a Pocketed 5 Zone Mattress that uses special patents such as **INBALANCE**, **SPINAL ZONE**, **ALLERGY FREE DESIGN** and **LIFEEDGE TECHNOLOGY**.

The features of the mattress are as follows:

- The patent of **INBALANCE** creates **5 different zones for individual comfort** which provides extra support and durability. With this technology, each zone includes a specific and individual concentration of coils providing body conscious support. No matter what sleep position, Inbalance technology provides greater coil reaction than any other innerspring unit. The open-offset coils provide counter balanced, straight line deflection that equalizes motion when weight is applied. This helps to adjust to your sleep style, relax muscle tension, and virtually eliminate partner disturbances.

- **SPINAL ZONE** patented technology reinforces the centre third section of the Mattress, providing enhanced back support for a healthier sleep, this is endorsed by the Chiropractic Association of USA for this unique technology. Eclipse's Patented Spinal Zone Sleep System is clinically proven to reduce back pain for a healthier night's sleep. Traditional inner springs are frame with the use of a border rod. Spinal Zone uses an additional, slightly lighter border rod which attaches to the center-third section of the spring unit. This exclusive technology reinforces the center-third section of the mattress providing enhanced back support.

As per Clinical Studies Performed by the director of human performance conducted at University of West Virginia, Eclipse has proven:

- Additional Body Support.
- Reduced Back Pain.
- Preserving Mattress Life.

The Patented Spinal Zone Sleep System works in conjunction with our Patented **INBALANCE** Support System. Together, the two technologies provide the ultimate sleep experience while still maintaining a superior level of comfort.

- **ACCOLADE'S** side Border is Foam Encased, embedded with Patented **LIFE EDGE TECHNOLOGY**.

- Its patented Allergy Free Design is a "two fold" system that virtually eliminates the problem of dust mites and other micro-organisms. The design uses specific, exclusive fabrics and materials that inhibit these creatures from entering your bed while still allowing air to pass through to the inner components of the mattress. In addition, Eclipse implements a patented sealing process which effectively prevents dust mites and other micro-organisms from entering the mattress.

These patents combined together make Accolade one of the most technologically advanced mattress available in the world.

## **NEWSPAPERS**

On request (with a 12 hour prior notice), a newspaper will be placed in your room, except on national holidays.

## **COMPLIMENTARY AMENITIES**

Housekeeping will be happy to provide you with any of these amenities in your room on request. Please call Resort Services for the same. List of amenities available are as below:

- Comb
- Cotton pads
- Dental kit
- Mouthwash
- Vanity kit
- Safety pin
- Sanitary napkins
- Sewing kit
- Shaving kit
- Talcum powder
- Tampon
- Tongue cleaner
- Shower cap
- Disposable bag
- Hair oil
- Dental floss
- Odomos (mosquito repellent)

## **ON CALL REQUEST AMENITIES**

Housekeeping will be happy to provide you with any of these items on loan in your room on request. These items have to be returned to the resort prior to departure. Please call Resort Services for the same.

List of loanable items are as below:

- DVD player
- DVD
- Blanket
- Bucket and mug
- Flash light
- Torch light
- Hot water Bag
- Ice Bag/ Cold Pack
- Mosquito Repellent with machine
- Prayer mat
- Scissors
- Nail cutter
- Universal adapter
- Shoe polish
- Shoe Brush
- Shoe Horn
- Coat brush
- Portable Luggage Rack

## **PILLOW MENU**

Atmantan offers you a selection of pillows to assist in your sleep requirements. Please contact Resort Services for assistance.

### **• Orthopaedic Pillow/ Contour Pillow**

It is a special pillow that is contoured to fill the spaces under the head and neck can be helpful for people with cervical spine problems. This type of pillow has a deeper depression where the head lies, and extra support under the neck helps in better alignment of the spine. It facilitates cervical comfort and is anti-allergic.

### **• Pregnancy Pillow/ Body pillow**

This is the unique long pillow that is almost the length of the body and can serve several functions for people who prefer and are recommended to sleep on their sides. The top portion of the pillow can be used to support the head and neck, while the bottom portion supports the knees and legs. Women who are pregnant, usually find that this body pillow provides the added support for the abdominal area and helps them sleep comfortably.

### **• Supreme Cotton Pillow**

Cotton pillows provide wonderfully soft, gentle yet firm lift for the natural support you may need as you sleep. Some benefits of cotton pillows are that the fibre is naturally absorbent, and you do not have to deal with a sweaty, hot pillow on an average night. For habitual users of the cotton pillow, it supports their back and shoulders as they sleep.

### **• Goose Feather Pillow**

These are sink-in, comfortable pillows made from goose down feathers. These are soft, luxurious pillows that you can scrunch to provide your head and neck with positional/customised support wherever needed.

### **• Microfiber Pillow**

These provide you with a soft, warm and comfortable insulation. Luxurious and hypoallergenic, microfiber filled pillows are ideal for allergy sensitive sleepers. Made from ultra-fine microscopic fibre clusters, these pillows breathe well and do not trap perspiration or moisture.

## **ROLL AWAY BEDS**

Our guestrooms are designed for two people. We do not provide extra beds in the rooms.

## **SHOE SERVICES**

Housekeeping will be happy to provide you with Shoe Polish, Cleaning and other shoe related services on request. Please call Resort Services for the same.

Shoe Polish service per pair: INR 200 + Taxes

Sports Shoe Cleaning per pair: INR 400 + Taxes

Sports shoe Drying per pair: INR 250 + Taxes

Slippers cleaning per pair: INR 300 + Taxes

### **SMOKING**

In the spirit of wellbeing, the resort has been designed as a tobacco free space. There is however, a separate designated area for guests who would still like to smoke. Smoking or evidence of smoking in any other area will result in a maintenance charge of INR 10,000.

Smoking or evidence of smoking in any other area and your room will result in a maintenance charge of INR 10,000.

### **TELEPHONE**

To gain access to outside dialling, please prefix '9' on your in-room telephone.

Charges are applicable as mentioned below:

Local Calls :

INR 5 for three minutes

STD/ Domestic Calls :

INR 100 per minute

ISD/ International Calls :

INR 140 per minute.

AT&T :

INR 150 per minute

(The above rates are exclusive of applicable taxes)

### **UMBRELLAS**

Umbrellas have been placed in the rooms for your use at the resort.

### **VISITORS**

Please inform the front desk team, in case you are expecting any visitors. Please be advised that the swimming pool and the wellness facilities are only available to our resident guests. Kindly have your guests registered at Front Desk.

### **WAKE-UP CALL**

Please place your wake call request with Resort Services. You can also use the room phone to self-program the alarm when you select the Wake-up Call button on your phone.

### **WELLNESS PAVILION**

You can reach the Wellness Pavilion by using the Wellness Services button on your phone.

# ATMANTAN & ECOLOGY

At Atmantan we care about our guests and the ecology of the environs. We are committed to being environmentally and socially responsible and have taken many steps to ensure our staff and guests live in harmony with the natural habitat and preserve our natural resources.

An extensive area and weather specific environmental study was carried out at Atmantan to comprehend the possibility of green buildings and nature preservation through the use of passive architectural techniques renewable energy. The findings have been diligently applied during the design, planning and construction stages of the resort. Atmantan is a proposed GOLD LEED Certified project. (LEED, being the green building certification program that recognizes best-in-class building strategies and practices).

Mentioned below are the many conscious measures undertaken at Atmantan to preserve the ecology of the land. We will most gladly organize a tour for any guests who desire to see some of these engineering initiatives.

- ARCHITECTURALLY, all spaces have been designed to best utilize and welcome natural light into them. This is evident from the ample large windows in the rooms and public areas.
- Special steps have been taken to only plant SOIL AND CLIMATE APPROPRIATE FLORA and FAUNA on site which ensures thriving landscape and organic vegetable gardens throughout the year.
- SOLAR ENERGY - The primary source of heating the water for nearly all the applications at Atmantan is by way of solar energy. Evacuated type tube collectors have been deployed since they are most efficient and can heat water on days that are cloudy.

**We have the largest Solar Hot Water Installation for a resort in the country!**

- THE SEWAGE TREATMENT PLANT installed at Atmantan is revolutionary and is called the Solid Immobilized Bio-Filter (SIBF) system. Atmantan uses treated chemical free water from this plant for all its landscaping requirements thereby not burdening the soil with any chemical residue or toxic materials which then enters our food chain. It is an eco-friendly, natural and non-conventional treatment system based on ecological engineering.
- The EXCAVATED TOP SOIL has not been discarded and has been used for plantation and vegetation.
- Atmantan has used the ENERGY EFFICIENT VRV SYSTEMS for its Heating, Ventilation & AC requirements.



- To further enhance the indoor air quality in the public areas, we have designed a system to use 30% more fresh air than specified as per ASHRAE standards (ASHRAE is the global standards for HVAC design). Good indoor air quality not only improves our lungs to breathe more efficiently but also improves our productivity.
- FLY ASH is an industrial waste product which we have used during our construction. The use of Fly ash reduces production of other concrete ingredients, resulting in significant energy savings and reductions in greenhouse gas emissions.
- Wasted resources during construction have been recycled. The yoga statue at Atmantan that you will come across during your stay has been made from waste materials and scrap at site!
- VERMICULTURE – The wet kitchen garbage is treated through vermicomposting. This is a nutrient rich organic fertilizer and soil conditioner which will then be used on site plantations.
- Measures have been taken to increase the ground water table & incorporate other aspects of RAIN WATER HARVESTING.
- Within the property, only battery operated vehicles and bicycles are being used as modes of transport.
- We have annual energy audits which will help us improve ongoing energy conservation processes.

## MULSHI AREA

Mulshi, (40 Kilometres from Pune) is a lake-side getaway situated on the Sahyadri Mountains (Western Ghats), and is locally thought of at its best during the monsoons. **The Sahyadri Mountains are a UNESCO World Heritage Site and is one of most sought after bio-diversity hotspots in the world.** Mulshi is 2200 Feet above the Sea Level and its lush surroundings, natural ambiance and easy access from Pune makes it a highly popular getaway. The Tamahini ghats (part of India's Western Ghats) ahead of Mulshi, towards Mangaon are amongst the loveliest mountains offering amazing views of the valleys and hills that connect the higher plateaus to the Konkan beaches.

Historically, Mulshi is in the western Indian state of Maharashtra, was part of the Bara Mavals (12 Mavals), which simply meant 'the west'. The area has been called this since the 16th century; the name is derived from the Marathi verb Mavalane meaning, 'the setting of the sun, or end of the day'.

The Maval belt, about 25 miles wide and 70 miles long north to south, and barely an hour's drive from Pune or Lonavala, means more than just the land of the setting sun. The Bara Mavals are narrow fertile river valleys enclosed between the many spurs that run east from the summit crest of the biodiversity-rich Western Ghats to end just short of Pune city.

It's the perfect getaway to nature. A glimpse into the region's history says that it was here that Shivaji first established the powerbase of the Maratha kingdom and the locals, hardy mountain people, who formed his guerrilla force and raiding parties came to be known as Mavlas. These Mavlas from Mulshi take great pride in narrating past battles fought with the Deccan sultanates and the Mughals.

### AREA ATTRACTIONS

#### **The Atmantan Waterfall**

Experience the best that the monsoon brings as you soak yourself in the cascading waters of Atmantan's private waterfall! It doesn't get more authentic than this... with close to 25 picturesque waterfalls visible from the property, guests can actually walk down to this private fall during their stay with us and enjoy first hand nature's youth fountain! (This 25 meters plus high waterfall is seen during the monsoon months of July, August, and September only.)

#### **Mulshi Dam**

This major dam is also known as the Tata dam as it was constructed by the Tata Power Company for irrigation as well as hydroelectric power supplied mostly to the city of Mumbai.

This dam is an area attraction as the surrounding area here is very lush and green. The cooling effects of the natural scenic beauty provide relaxation to its visitors. The dam is located on the high hills of the Sahyadri ranges. In the forestry around the dam wild life is rarely seen but the adventures and thrill through the forest track invigorates every human that takes this on!

### **GMCKS Arhatic Yoga Ashram**

The GMCKS Arhatic Yoga Ashram was Grand Master Choa Kok Sui's Vision and Dream. Master personally took the time and specifically picked out this jewel of a spot for the Ashram, for all its optimum benefits and its special properties conducive to spiritual growth. The GMCKS Arhatic Yoga Ashram lies undulatingly over approximately sixty acres of land, nestled in the lush greenery of the Sahyadri hills in Mulshi, Maharashtra. This Ashram is integral to Master Choa Kok Sui's mission of bringing forth the teachings of Pranic Healing and Arhatic Yoga to the world. The natural landscape of the Mulshi Valley is stunning, and the abundance of natural prana here proliferates this space. Master was dedicated to build a beautiful and comfortable Ashram where serious practitioners of Arhatic Yoga from around the world could come and practice intensively. The GMCKS Arhatic Yogis can learn and grow here spiritually. The ashram regularly conducts social service healings and projects also.

### **Kolad**

A small village by the Kundalika river is fast emerging as the adventure sports capital of this region. At 70 Kilometres from Mulshi, Kolad is famous for the river rafting that happens in the Kundalika river, thanks to the water released by the dams for irrigation, converting the otherwise tranquil river into one with rapids of grade IV! Kolad is also popular for the numerous waterfalls and trekking options it offers.

### **Nilkantheshwar Temple**

Nilkantheshwar is a beautiful temple built on a small hillock in the vicinity of Panshet and Varasgaon dam, and is dedicated to Lord Shiva. The main attraction of this temple is the scores of sculptures made in cement depicting the various mythological characters like Dashavatar, Ashta Vinayaka, Bhism Vadh and many other Hindu gods.

### **Mhasoba Devasthan Kharawade Temple**

In the scenic valley of Mutha river, this holy Temple (Devasthan) of Lord Mhasoba (Shiva) exists since the 13th century. Kharawade is a 2000 year old village situated near the banks of Mutha River in Mulshi Taluka. This holy village is believed to be blessed by Lord Mhasoba himself and is extremely famous for its aesthetic beauty. The entire premises of Mhasoba Devasthan and the village is surrounded by dense evergreen forests that has the area looking lush green at most times of the year. Mhasoba is also known as Mhaseshwar in some parts of the region. It is said and believed that the Lord Mhasoba is vigilant (Jagrut) and the people from Kharawade village as well as the villages nearby have worshipped this deity for generations. They have tremendous faith in the Lord and they know that he will protect them from their troubles as well as natural disasters. Mhasoba it is believed, rescues his worshippers and people from Kharawade religiously devote their being to this Lord and take verdict (Kaul) from this Lord in difficult times.

### **Chinmaya Vibhooti Temple**

Chinmaya Vibhooti is a grateful tribute to the Pujya Gurudev Swami Chinmayananda. It is a vision centre to keep his vision ever glowing and vibrant by empowering all workers of the Chinmay Mission through appropriate training and courses. Chinmaya Vibhooti is located at Kolwan, around 45 Kilometres from Pune and 135 Kilometres from Mumbai. It is built on 65 acres of the landscaped area, surrounded by the beautiful Sahyadri Mountain range.

### **Hadshi Temple Pandurang Kshetra, Sathya Sai Trust**

Hadshi- Pandurang Kshetra is made by Shri Satya Sai baba in 2009. This temple is spread on 300 acres of land. It is a very beautiful place surrounded by mountains & greenery. This temple is open from 7am to 8pm daily. Hadshi is at a total 47 Kilometres from Pune. Hadshi has very beautiful landscaping and this temple is made for Lord Vitthal, Rukmini and Shree Ganesh. There is a Meditation hall below the temple too and Mr. Jadhav, the land owner says that he has made this Mandir according to Shri Satya Sai baba.

## ATMANTAN... BE TRANSFORMED

“The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease.”

- Thomas Edison

“He who knows others is wise; he who knows himself is enlightened.”

- Lao Tzu

“In health there is freedom. Health is the first of all liberties.”

- Henri Frederic Amiel

“The WISH for healing has always been half of health.”

- Lucius Annaeus Seneca

“One cannot think well, love well, sleep well, if one has not dined well.”

- Virginia Woolf

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

- Buddha

“Let food be thy medicine and medicine be thy food.”

- Hippocrates

“If you begin to understand what you are without trying to change it, then what you are undergoes a transformation.”

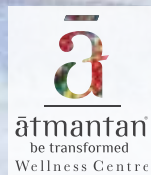
- J Krishnamurthy



# ARTIST'S IMPRESSION OF ATMANTAN

atmantan  
NEW TEMPLE GROUP





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