

Sarovar Hotels partners with ANTAR for new wellness programme

Sarovar Hotels announces the launch of 'The Shoonyam Retreat', an exclusive wellness initiative created in partnership with holistic health expert Dr. Mickey Mehta and ANTAR, his digital wellness ecosystem. Hosted at the serene Marasa Sarovar Premiere, Bodhgaya—where Buddha attained enlightenment—the retreat offers a unique blend of traditional wisdom and contemporary healing practices aimed at self-discovery, renewal, and inner transformation.

Over the next four months, three immersive 3-night retreats will provide participants with a holistic experience including yoga and aqua yoga, guided meditation, healing and dance therapies, satsangs, star meditations, and Satvik dining. Guests will also benefit from group wellness sessions personally conducted by Dr. Mehta and interactive dialogues with Buddhist monks.

Ajay K. Bakaya, Chairman of Sarovar Hotels & Director, Louvre Hotels India, emphasized:

"At Sarovar Hotels, we aim to offer purposeful travel experiences that inspire and rejuvenate. The Shoonyam Retreat is not just about wellness—it's a journey inward, set in the most spiritual place on earth."

Dr. Mickey Mehta added:

"Death has no right over life. Choose evolution over entropy. The Shoonyam Retreat in Bodhgaya provides a sacred space to rediscover and realign oneself toward wholeness, vitality, and liberation."

Participation is limited to 100 guests per session to ensure a personalized experience.

Early bird bookings before 12 September 2025 will enjoy a 10% discount, with an additional 10% off for bulk bookings of five rooms or more.

The first retreat commences on 9 October 2025.