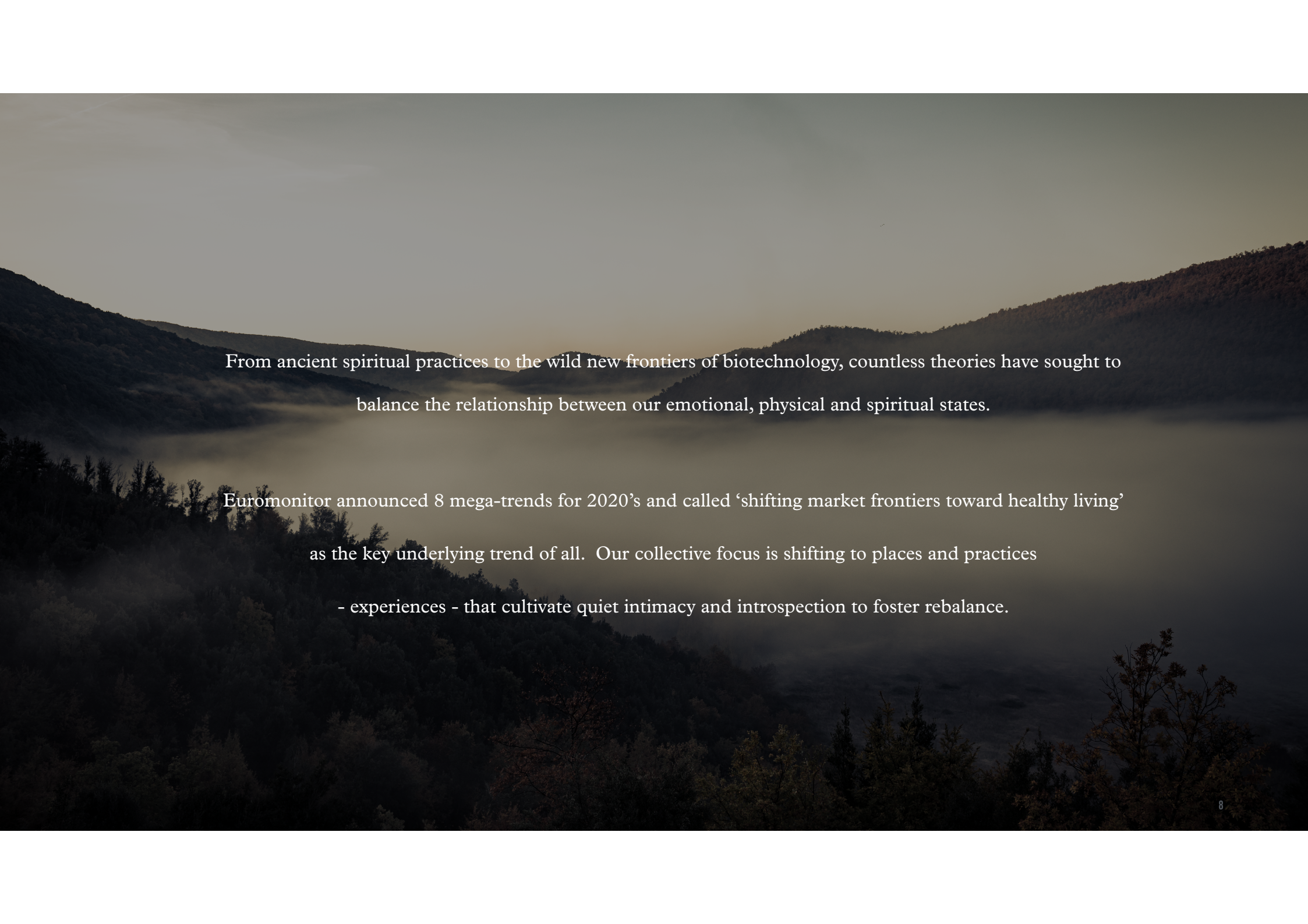


Nutritional retreat
founded on sattvic principles

Internal Launch



From ancient spiritual practices to the wild new frontiers of biotechnology, countless theories have sought to balance the relationship between our emotional, physical and spiritual states.

Euromonitor announced 8 mega-trends for 2020's and called 'shifting market frontiers toward healthy living' as the key underlying trend of all. Our collective focus is shifting to places and practices - experiences - that cultivate quiet intimacy and introspection to foster rebalance.

Historic, religious and cultural background of sattvic food habits

Divinising food by first offering it to the gods has been a ritual since time immemorial across all cultures. Association of food with divinity is evident in these rituals, yet another question arises. Does food become divine by virtue of its offering to the gods? Does it lose its divine connection in the absence of said offering? **Throughout time**, all cultures have been promoting **traditional, seasonal, and local food** that should be eaten in **gratitude** and remembrance of a higher power.

Historic, religious and cultural background of sattvic food habits

This ancient wisdom of **sattvic diet** touches upon a wide spectrum of matters related to our physical, mental and spiritual health. At the core of this wisdom lies the idea that an ideal, **balanced human existence** requires a **restful soul**, a **regulated mind** and a **healthy body**. And it all begins with sattvic diet, which has always been a foundational human food habit, whether consciously or unconsciously.

Sattvic lifestyle as foundation for holistic health

Sattva means quality of purity and *sat* means truth, so in its totality sattvic diet is interpreted as eating simple, pure, wholesome food that is eaten of honest earnings and gratitude. Sattvic food synergises with our inner *prana* or cosmic energy and resonates perfectly with our circadian rhythms.

Consequently, the virtue that is *sattva*, becomes us when we consume sattvic food rich in energy and nutrition; fresh from the source; light on seasoning; and of course, cooked with love. A lifestyle deeply rooted in sattvic habits promotes longevity, keeps our minds relaxed, our spirits high and our souls at peace. With such clarity and calm, we can achieve excellence in every action; after all isn't that one of the purposes of human life?

Sattvic lifestyle principles

Woods at Sasan provides holistic wellbeing experience that cares for our guests' food habits - not just what but how and when we eat.

Sattvic lifestyle promotes food habits that is pure, essential, natural, energy-giving, conscious, honest and wise.

Our care for the guests' wellbeing is founded on **4 sattvic lifestyle principles.**



living & wholesome food

food that comes straight from sources that are known, not processed or manufactured so to not subtract its natural elements

promotes mindful food choices

increased awareness in on community involvement in ingredient sourcing
and nutritional and cultural properties of food



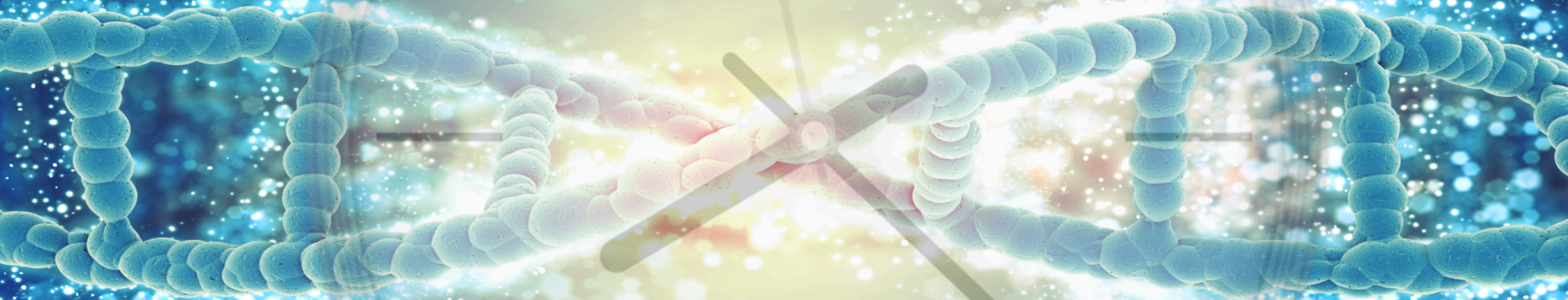
multi-sensory experience

immersive experience carefully considering - not just what but -
how food is enjoyed

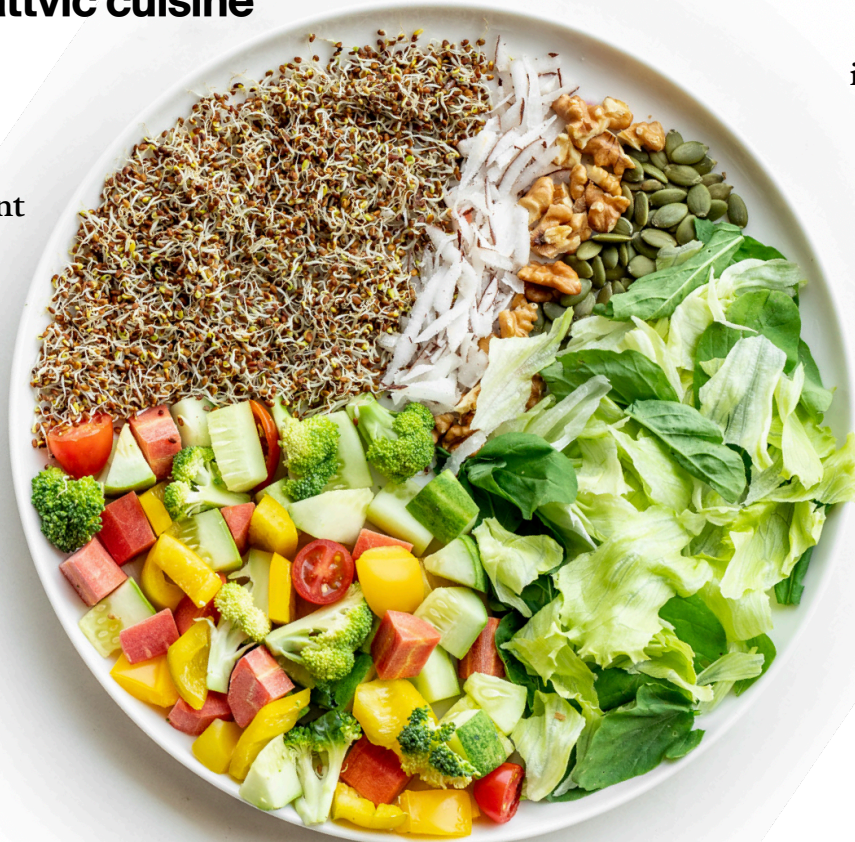


circadian rhythm of food experience

living in tune with what nature offers – our inner body being in synch with rising and setting of the sun to finetune our balance



Woods at Sasan sattvic cuisine



**prepared in calm, pleasant environment
with lots of love**

**is the purest form of diet - fresh, seasonal,
local, plant-based and organic**

**is more raw and whole foods with less
unnecessary cooking**

**provides the right amount of prana
(cosmic energy)**

**puts body and mind in state of calm and
energised clarity, therefore in balance**

Our Sattvic Food Pledge

1. Living, fresh & organic ingredients
2. Ethical buying
3. Wholesome food
4. Non-toxin property
5. Use of good fats and plant based oils



6. Calm and pleasant kitchen atmosphere
7. Six tastes in every meal - Sweet, Sour, Salty, Bitter, Pungent, Astringent
8. Herbal infused beverages
9. Moderate food portions