



# THE TIMES OF INDIA

INCLUDES 6 PAGES OF BANGALORE TIMES

## Yoga, ayurveda for Camilla in Whitefield spa

Seethalakshmi S | TNN

**Bangalore:** Shoddy arrangements have left the Commonwealth Games with the need for an image makeover. But it's Prince Charles' wife Camilla who is flying in quiteily for a pre-Games rejuvenation at a Bangalore spa.

The Duchess of Cornwall — formerly Camilla Parker-Bowles — will land in Bangalore on Tuesday and head to the Soukya Holistic Health Centre at Whitefield. After a four-day stay there, she will join her husband for the inaugural of the Commonwealth Games in New Delhi.

At Soukya's 30-acre holistic healing centre, where integrated medicine is practised, she will be exposed to yoga, meditation, ayurveda and other traditional forms of therapy. Accompanied by family and friends, she will sup on south Indian satvic food, according to sources.

The 63-year-old princess will most likely stay at the 2,500-square-foot Presidential Suite, which has three bedrooms, a fruit garden, a private garden, an open-air shower and a lotus pond.

Her private visit was kept hush-hush, with her personal security detail asking Bangalore police to maintain complete secrecy about the visit. Last week, Scotland Yard personnel did a recce of the campus and met with the Soukya staff. While she will be provided security by Scotland Yard within the campus, local police will take care of exter-

### ROYAL DIET



- ◆ Ragi puttu ◆ Dosa
- ◆ Idli ◆ South Indian breakfast and Kerala dishes with low fat/oil content
- ◆ Kerala Saadya on plantain leaf. The royal family always travels with its cooks but this time, the princess wanted to taste Indian cuisine.

### OTHER HIGH-PROFILE VISITORS

- ◆ Archbishop Desmond Tutu
- ◆ Rajnikanth
- ◆ Duchess of York Sarah Ferguson
- ◆ Members of royal families of Middle East and Europe

nal security. However, Dr Isaac Mathai, medical director and founder of Soukya, when contacted, declined to comment on the visit.

Soukya Foundation inked a pact earlier this year with the Royal College of Integrated Medicine, London, to provide clinical training in Bangalore to European and western doctors in ayurveda/homeopathy and traditional forms of medicine. The second campus of the Royal College, London will be in Bangalore.

Prince Charles is the patron of the British Medical Holistic Association and founded the Prince of Wales Foundation for Integrated Health.