
TURYAA'S NEWSLETTER

*"If your actions inspire others to dream more, learn
more and do more, you are a LEADER."
-- John Quincy Adams*

• I S S U E - 1 -
A P R I L 2 0 1 9 •

Dear Guest,

It is our utmost pleasure to introduce to you the Turyaa's Newsletter.

We have crafted this letter which shall not just present the happenings of Turyaa Chennai but also the buzz around the city for the month. The newsletter shall also cover the tourism section for the travelers who love to explore.

We not just aim for the perfect hospitality but also focus in staying connected with our most valuable guests. The concept of newsletter is to engage our esteemed guests with what the month holds and plan social engagements. That is the ideology driving our unique approach.

Hope you enjoy your read and we welcome your feedback. Let us know how we can improve or what you look forward to reading and knowing..!!

Yours truly,
Arun Raj. D
General Manager



LIFESTYLE
Preferred
HOTELS & RESORTS

Weekend Escape!

<p>Weekend Getaway Pack</p> <p>Welcome Drink, Fruits & Chocolates on Arrival</p> <p>Complimentary Wi-Fi</p> <p>Buffet Breakfast & Dinner at SVAR</p> <p>Mahabalipuram Tour/City Tour/ Wildlife Tour*</p> <p>Usage of Swimming Pool & Fitness Center</p> <p>Cycling on OMR (Cycle included)</p>	<p>Weekend Rejuvenation Pack</p> <p>Welcome Drink, Fruits & Chocolates on Arrival</p> <p>Complimentary Wi-Fi</p> <p>Buffet Breakfast & Dinner at SVAR</p> <p>Usage of Swimming Pool & Fitness Center</p> <p>Couple Massage for 60 Minutes at Ayu Spa</p>	<p>Weekend Special Pack</p> <p>Welcome Drink, Fruits & Chocolates on Arrival</p> <p>Complimentary Wi-Fi</p> <p>Buffet Breakfast & Dinner at SVAR</p> <p>Usage of Swimming Pool & Fitness Center</p>
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RELAX, REJUVENATE & UNWIND THIS WEEKEND

Enjoy Colorful April

@ Turyaa Chennai

Turyaa Chennai takes the delight of introducing the colorful offers for the month of April.

As the name goes, find yourself blending well with these colorful offers. What we've excitedly set for you awaits at TWIST, SVAR & SKY-HIGH DINING venues.

Our specials are delicious and mouth watering grills and sizzlers. So why just imagine when you can taste them with good deals here with us.

Visit Turyaa Chennai & see which color actually surprises you the most.

Enjoy the Colourful Offers!

TWIST
Unlimited Beverages
Starting@ ₹999 net*

SVAR
Enchanting Lunch & dinner buffet
Dine for 5 and Pay only for 4

SKY-HIGH DINNING
Unlimited Grills & Sizzler
Starting@ ₹1199 net*

FROM 1ST ONWARDS

Phone: 95970 86811 • 73580 48883



LIFESTYLE
Preferred
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Easter Feast@ Turyaa
(SUNDAY BRUNCH AND DINNER)

Easter Sunday are about the Easter Bunny, colorfully decorated Easter eggs, and Easter egg hunts. Easter is a significant festival in the Christian Calendar. This year, Easter falls on the 21st April, on the first Sunday after the first full moon following the northern spring equinox.

This festival don't just participate in the traditional custom but also enjoy Easter Feast with your family at Turyaa Chennai.

FACT OF THE MONTH

"PINK IS A RELAXING COLOR. EVEN IF A PERSON TRIES TO BE ANGRY OR AGGRESSIVE IN THE PRESENCE OF PINK, THEY CAN'T"
-DR ALEXANDER SCHAUS, DIRECTOR OF AMERICAN INSTITUTE FOR BIO-SOCIAL RESEARCH IN TACOMA, WASHINGTON.



SUMMER CHILLER "YOGURT LASSI"

- MAKE AT HOME

INGREDIENTS

- 2 cups thick yogurt / curd, fresh
- 3 tbsp sugar, powdered
- ¼ cup ice cold water
- ½ tsp cardamom powder
- 1 tbsp fresh cream / malai
- few dry fruits, almonds, cashews, pistachios, chopped

INSTRUCTIONS

- 1) Firstly, take 2 cups of curd in a large jug.
- 2) Whisk till the curd turns smooth.

- 3) Furthermore, add ice cold water to adjust the consistency.
- 4) Also add 3-4 tbsp of powdered sugar.
- 5) Then add cardamom powder.
- 6) Whisk again till a frothy layer is formed.
- 7) Additionally add cream for more rich taste. and give a good stir.
- 8) Transfer the lassi to a serving jar.
- 9) Also garnish with few chopped nuts/fruits.
- 10) Finally serve chilled, with few ice cubes.



April Fool's Day

Did you know it is too ancient to track?

When do you think the first Fool's day got celebrated? Well, the record of the first Fool's day was found out to be in 1392, which means that the celebrations might have started then or before that.

Get your pranks ready as it shall be so much fun...!! SUGGESTION: don't prank or scare too intense :)

How about considering planting a tree and making it "April Cool's Day"?

Relax this summer

Chill out & learn to swim @Turyaa Chennai

The early summer camp starts from 1st April onwards!!

Timing: 6:30am-9:30am & 3:00pm-6:00pm

Fee : 15 days 5000₹,

30 days 8000₹,

Weekend 6000₹ (2 Months),

Contact www.justswim.in or call +91

9003240232



Health Tips

Beat the heat or the heat beats you!!

- 1) Consume plenty of water. With high temperatures and humidity levels, it's necessary to hydrate, even when you're not thirsty.
- 2) Apply sun lotion, If you're planning to be out in the sun for long, as it helps protect your skin from damage. Reapply every 2-3 hours.

3) Outside swimming is a great way to stay in shape and cool down in the process. A 30 minute session of lengths will burn almost 400 calories.

4) Go for a prawn cocktail – great for a mid-afternoon snack, a starter at a meal, or a light lunch, prawns are a high-protein and low-calorie snack to help you feel energized.

5) Maintain a healthy diet. Avoid temptations like ice cream and try some watermelon instead – just as refreshing and unsurprisingly, watermelon is over 90% water. At just 44 calories a cup, there's no reason not to bite into this summery fruit.

Movie Masala

Hollywood



Avengers: Endgame
Releasing on 24th April

Bollywood



Kalank
Releasing on 17th April 2019

Kollywood



Kanchana 3
Releasing on 19th April

Easter Carnival 2019

Details:

Activities for children

Date: Saturday, 13th April, 2019 from 11:00 to 16:00

Cost: 250₹/Child (Age: 2-12 years)

Location: International Village School, Chennai

#33A, Classic Farms Road, Sholinganallur, Chennai-600 119

To Purchase tickets contact 044-48603757 or +91-7358088330

CITY BUZZ

Find what's happening around the city..!!!



CHENNAI: EXPERIENCING THE BRITISH ERA

Chennai, previously known as Madras, is the capital city of Tamil Nadu and was established by the British East India Company.

Given the history of British influence in India, the British architecture and heritage still attracts a large number of tourists.

Places like State Museum of Madras, Doveton House, St Thomas Cathedral, University building and Fort St. George provide an insight into the rich British history of Chennai.

If you haven't visited yet, then why think? Seek the deeper insights, who knows you might be surprised..!!!

GET INDIA'S BIGGEST MEDAL - VIRTUAL MARATHON / CYCLOTHON

Run is to promote fitness in India. This event is being organised simultaneously in more than 100 Indian Cities. A virtual Marathon except you do it at your convenience. Give yourself a designated goal and walk, run or cycle at a time and location of your choice. You, however need to provide the evidence that you did!

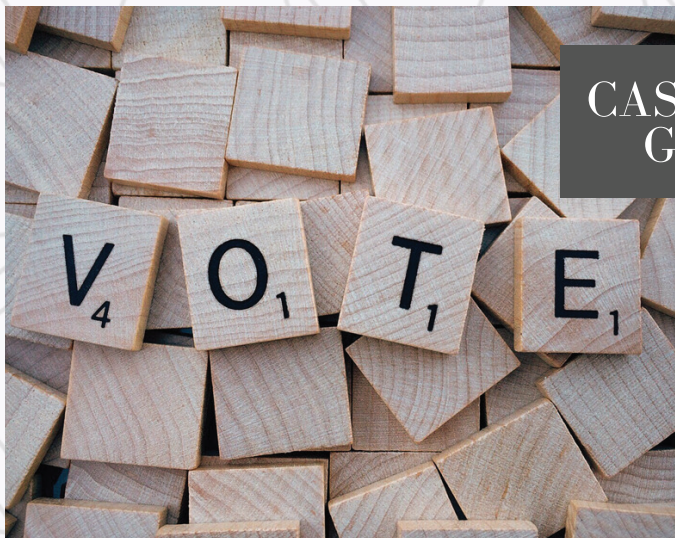
Details:

Date : 30th April

Time : 05:00 am (For 4hrs)

Fee : 429₹

Registration: @ in.bookmyshow.com



CAST YOUR VOTE THIS INDIAN GENERAL ELECTIONS 2019

The 2019 Indian general elections is scheduled in seven phases between 11th April to 19th May 2019 to constitute the 17th Lok Sabha. The counting of votes will be conducted on 23rd May, and on the same day the results will be declared.

As part of second phase, elections at Tamil Nadu are slated for 18th April.

YOUR VOTE IS YOUR VOICE. DON'T FORGET TO VOTE..!!!