



TAMARIND  
GLOBAL

THE TAMARIND GLOBAL NEWSLETTER MAY 2020

# tang

## IN TANG THIS MONTH

While we are in a lockdown of varying degrees of stringency in most parts of the world, travel is one of the things we all miss - it is one of the many aspects of life we took for granted and are deprived of today. But that does not mean we cannot plan for the future, hopefully the not so distant future! Magically, the earth is healing from human excesses, and it's time to experience the wonders of nature first hand. Check out these quiet jungle retreats where you can imbibe flora and fauna at their most enchanting.

We also have some updates on what is happening in the world of hospitality, and how we are all going to approach the 'new normal'. To begin Tang on a healthy note, we bring you some tips from Ananda in the Himalayas, on how we can boost our immunity in these trying times.

## IMPROVING IMMUNITY WITH AYURVEDA - ANANDA IN THE HIMALAYAS

