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Shreyas

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Location Santoshima Farm, near Golahalli Farm, Nelamangala
City Bangalore
Phone 080/2773-7102
Web Site www.shreyasretreat.com

Frommer's Review

One of the best Yoga retreats in India, Shreyas is simply addictive. Chanting in a machan, open platform for *yogasana*, gardens for getting your hands dirty, paths for evening walks, Balinese and Thai massage for ultimate relaxation, secreted niches for contemplation -- it's all here. One can endlessly explore the spaces and be surprised every turn of the way. We recommend the tented cottages which are a delight with their large windows, bamboo screens, chunky chests and smart *daris*; spacious bathrooms open into a pebbled yard. Evenings are utterly magical with hurricane lamps and paper lanterns and impromptu dining decor. No alcohol/meat/tobacco may seem harsh but it's surprising how easily you will take to fresh pomegranate juice with barbequed tofu and embrace the overall wellness ethic. Limited to just three accommodation choices (a three-room garden cottage, three poolside cottages, and eight tented cottages) set in 10 hectares (25 acres), the atmosphere is discreet and personal, amenities are luxurious and service a living reality of what Shreyas stands for -- excellence.

Average Reader Rating

0 rating, 0 votes

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Check-out: 5/28/2012

Rooms: 1
Adults: 2
Children: 0

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MORE INFORMATION ABOUT SHREYAS

Area	Around Town
Credit Cards Accepted	AE, MC, V
Fax	080/2773-7016
Facilities & Services	Dining room; airport transfer (Rs 2,250); cricket net with bowling machine; doctor-on-call; gym; music/film/book libraries; ozonated pool with Jacuzzi; spa; steam room
Rooms	14 units ; A/C, hair dryer, Internet (complimentary)

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