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Top 5 Yoga Destinations for Students

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With homework, papers, presentations, and exams on your mind and deadlines rapidly approaching, we know you need a healthy outlet to de-stress from the pressures of being a student. We've gathered a list of our favorite yogi-friendly destinations throughout the world where you can get your "Om" on and refresh your body and mind.

Here are our top 5 yoga destinations for students...






1) Bangalore, India



Bangalore is located in the center of southern India, amidst local heritage sites, museums, gardens, forts, temples, shopping, and a great many ashram-style yoga retreat centers. If you're looking for an [Indian yoga retreat](#) and a tourist vacation, Bangalore is the place for you!

One of the best yoga retreats in Bangalore (and the world) is [Shreyas](#). At Shreyas, yoga is taught in traditional ashram style (daily yoga, meditation sessions, chanting classes, a strict vegetarian/no alcohol policy, and community service) and guests receive the upscale experience associated with a five-star hotel. Accommodations include an infinity pool, hot tub, steam room, and walking trails throughout 25 acres of landscaped gardens.

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