



## THE JOY OF GIVING: A retreat at Shreyas, Bangalore

A 6-night hiatus from our demanding lives to restore our inner balance and realize the immense joy that arises from simple acts of giving and sharing.

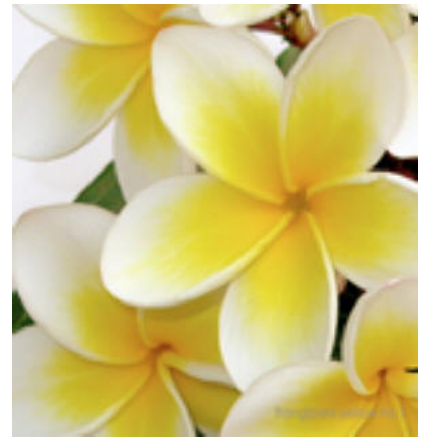
The times we lower our eyes in prayer when passing a place of worship... and instead of making another wish, a gratitude for what we already have fills our consciousness.

The occasions we see someone less fortunate and realize – “There, but for the grace god, go I”, and count our blessings rather than our unfulfilled desires.

The instance when a simple act of giving – a treat to a child, a helping hand to the frail – fills us with joy and inner warmth.

The ancient scriptures tell us that the Universe is connected and that we are each an aspect of one Supreme Consciousness. There is no ‘other’ to compete with or hoard from. We give to ourselves. Which is perhaps why the act of giving is permeated with joy.

If, in spite of your daily struggles, you feel blessed with abundance and wish to share your love, time and maybe more, with those who will appreciate it, we invite you to Shreyas for a **Retreat that celebrates the gift of life and the spirit of giving.**



Away from the frenetic pace of the city, nestled in the countryside, Shreyas offers a wonderful opportunity for guests to interact with the local villagers and get a glimpse into their simple, hardworking lives. And, for those who are interested, exercises in Community Service and ‘Voluntourism initiatives’ are arranged by Shreyas at the local village, schools and orphanages.

The retreat also includes opportunities to learn the local traditions and customs – take-away’s that the villagers are only too happy to share with all guests who want to soak in the rich cultural diversity of India.

And finally, but as importantly, the retreat provides a tranquil oasis for you to give something back to yourself – to practice yoga, relax your mind, ease your stresses and reset your priorities.

## The sharing...

The community exercises include activities such as **preparing and serving a meal to children at the village school**. Guests first get an opportunity to volunteer in our 3 acre organic vegetable and herb gardens and give a little back to Nature – a humble thanks for the abundance She provides us, season after season. Try your skills at watering, weeding, sowing, picking and rediscover the forgotten pleasure in getting your hands (and feet!) dirty.

Then, join **our chefs in the kitchen** and help them prepare a nutritious Indian meal for the schoolchildren. A tractor takes you the short distance to the village school, where the young students welcome you with shy smiles and warm Namaste's. Experience the pride you feel in serving the children, and as our scriptures say, the humility that you have had an opportunity to serve the Divine through the children.

Guests who have any **skills they would like to teach** these eager minds, please let us know and we will be glad to make the necessary arrangements.

Towards the cause of the environment, we provide guests **saplings for planting** in the village.

Often, guests choose to **contribute towards the schools or villages requirements**. From books, stationery supplies, uniforms, contributions to building boundary walls, rain-water harvesting projects or digging wells – the possibilities are numerous - and the warm appreciation of the villagers, profoundly touching.

Some have gone the distance in charity runs to raise funds for school books for school children. They humble us with their generosity and thoughtfulness.



## The learning...

During the retreat, guests also 'get back' many invaluable experiences of traditional Indian flavor:



The chefs at Shreyas welcome you to learn your favorite Shreyas recipes with simple **cooking demonstrations**.

The local village women, dressed in vibrant hues will demonstrate how to deftly convert 6 yards of fabric into the most elegant of all traditional Indian wear – **the classic sari**.

Gentlemen can try their hand at **dhoti** tying – the traditional attire worn by priests through the centuries while performing religious ceremonies, a custom that is alive today as well.

Learn the **art of garland-making** with fragrant frangipanis the gentle way, without any needles piercing the delicate flowers.

Soak in the heady fragrance and rich color of our organically grown Henna as the local women apply **intricate henna patterns** on your palms.

Traditionally, the bride and the groom are adorned with Henna on their hands and feet on their wedding day, and till today women follow this tradition on



festivals and marriage ceremonies.

Learn how to make **organic body scrubs** from fresh ingredients that are known in the ancient science of Ayurveda for their restorative and soothing properties.

Practice your handiwork at making colorful **'Rangoli' patterns** with colored rice powder – a traditional art of decorating our homes during festivals. Also learn how our Scriptures show that this is yet another way of giving back - this time to the tiny insect kingdom.



Participate in an **"Aarti"** – the Indian ritual of offering prayers and obeisance to the Divine, performed in the temple at Shreyas and presided over by a priest

### The rejuvenation...

Of course, a stay at Shreyas is incomplete without the activities that quintessentially define Shreyas – the Yoga classes in our open air Yoga pavilion, meditation exercises, sound meditation sessions, rejuvenating massages and refreshing scrubs, gourmet organic vegetarian meals and more...



### Some feedback from our guests...

*A Journey of self-discovery it certainly has been! I arrived at Shreyas 15 days ago feeling jaded & at odds with the world. Within 36 hours clarity came like a thunderbolt out of the blue Indian sky & I began to see what was important in my life.*

*Typically when I take a holiday I begin to think about 'going back' at the end of the trip. This time things will be different. I won't be 'going back', I will be 'going forward' and as I 'go forward' I will cherish those who made the experience so complete – the fabulously warm, attentive, caring staff (including those behind the scenes), the smiling, contented faces of the school children, the yoga teachers & demonstrators, the expert therapy staff – and all the wonderful new friends that I've made.*

*My mind, body, heart (with stomach or is that soul?) have been well & truly nourished. Thank you so very much.*

**Love & best wishes, Ms. Claire- Jane (London)**

*I had the most amazing experience at Shreyas, and I cannot thank you all enough for the wonderful visit. I enjoyed working in the garden or doing my 'community challenge' as I referred to it along with the experience at the schools. My staff and I are currently going through the puzzles, etc. we have at my nursery and once it is complete I intend to sending you all duplicate puzzles etc, that I may have to be utilized at schools of your choice...I can't thank you enough for the time you all spent with me and just opening my eyes in many ways.*

*Your hospitality will always be cherished and I look forward to seeing you all soon.*

**Barbara Knaap, Dubai**

*I was lucky enough to spend some time at your resort last December. You very kindly organised a trip for my friend and I to visit an orphanage and then you managed to help the orphanage with our donation to purchase some cooking vessels and mattresses.*

*I have recently completed a 100 mile walk in 7 days in England called 'The Cotswolds Way' and I raised funds for the Sumangali Sevashrama Orphanage Centre.*

*I am in the middle of collecting the sponsorship money which will amount to approximately £1500.00 I would be very grateful if you would be kind enough to contact the orphanage again and ask them what we could put this money towards to help them. I do hope you are able to do this for me on my behalf?*

**Thanking you so much, Mary**

## **PACKAGE DETAILS**

	<b>Till 30 Sept 2008</b>	<b>1 Oct 08 – 31 Mar 09</b>
<b>Single Occupancy</b>	<b>GBP 1300 / USD 2600</b>	<b>GBP 1525 / USD 3050</b>
<b>Double Occupancy</b>	<b>GBP 1800 / USD 3600</b>	<b>GBP 2050 / USD 4100</b>

### **The retreat includes:**

- Stay in garden cottage nestled amongst the green landscape
- Wellness Consultation on arrival
- Gourmet Vegetarian meals (breakfast, lunch and dinner) served in the dining area.
- Twice daily group Yoga Classes
- Daily group Chanting / Sound Meditation class
- 3 Community Exercises that involve cooking, serving & teaching a group of Children at nearby Village Schools / Orphanage (2-4 hours each)
- A Walking tour of the villages with an introduction to village culture, living and traditions. Followed by a visit to the nearby temples (3-4 hours)
- Sessions on learning local traditions and customs, such as sari tying, garland making, rangoli drawing, applying henna etc
- Daily nature based exercises – watering, sowing, picking etc
- 3 Rejuvenation Massages per person (Balinese/Swedish/Thai/Aromatherapy) (60 minutes)
- 3 Cooking classes on traditional Vegetarian Cuisine or requested Shreyas favorites (45 minutes)
- Use of all recreational facilities - Swimming pool, Jacuzzi, Steam Bath, Gym, Home theatre etc.
- Round-trip Airport transfers from the New Bangalore International Airport
- 10% Service charges and 13.3% Government taxes

**For inquiries and reservations, please contact: Mr. Balaji ([balaji@shreyasretreat.com](mailto:balaji@shreyasretreat.com)) or call on +91 99161 10422 or**

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