

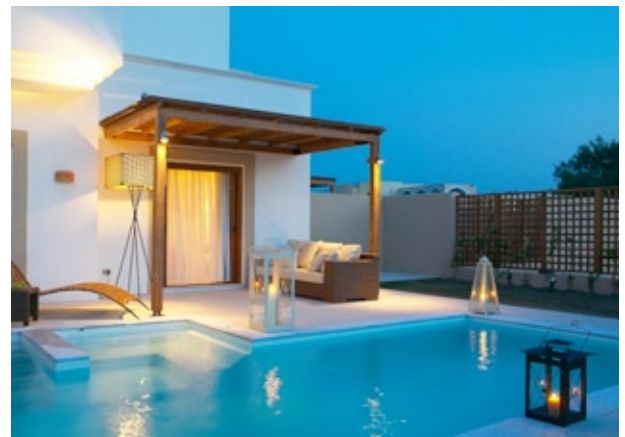


Retreat and Rejuvenate

Just outside the Indian city of Bangalore, Shreyas is the pet project of Pawan Malik, a former financial whizz-kid whose search for a meaningful existence led him first to yoga and eventually to create his dream, a stylish sanctuary dedicated to well-being and set among 10 hectares of garden, paddy field and coconut plantation. Designed as a relaxed and comfortable yoga centre, the retreat is dedicated to showing guests – including those who are neither especially fit nor spiritual – the benefits of the yogic way of life. While guests may do as much or as little as they please, a few rules – such as no smoking or alcohol – are in place so they derive full advantage from their stay. They are also encouraged to de-stress by working the vegetable and herb gardens that provide much of the retreat's organic food, planting rice and generally getting their feet dirty. The 14-room accommodation is simple, elegant and comfortable – a combination of rooms and tents with semi-open modern bathrooms, candlelit at night. www.shreyasretreat.com

Price: From £285 per person per night, full board, in a Garden or Poolside Cottage

Lindian Summer



On the Greek Island of Rhodes, well away from the main tourism zone, lies Lindian Village Resort, a discreet property that more resembles a series of neighbourhoods set among beautiful scenery and next to their own secluded beach. Scattered throughout the complex are five restaurants and bars, each with a distinct culinary theme and ambience. Among the wealth of accommodation choices, all designed in coolly elegant Aegean style, the Ottoman Garden and River Passage Suites are the most opulent, replete with private gardens, beautifully landscaped swimming pools and Jacuzzis. There's also a spa that offers an array of pampering treatments from a team of Thai professionals. This is real Greece with a seriously luxurious twist. www.lindianvillage.gr

Price: From 450 euros a night in a one-bedroom Ottoman Garden Junior Suite



Inn-Spirational

Japan's ancient capital, Kyoto, is famous not only for the countless temples scattered around the city, but also for its many traditional inns, known as ryokan. A time-honoured element of Japanese culture, ryokan began to appear in the early 17th century when the rise of Edo (present-day Tokyo) as the country's de facto capital led to increased travel by samurai, traders and government officials between it and the Imperial Palace in Kyoto. An exquisite jewel near the heart of Kyoto, the 23-bedroom Sumiya has been run by the same family for three generations and oozes character and charm. Guests enter through a *fusuma* (sliding door) to discover an intimate Japanese home with priceless antiques and elegant furnishings. Some rooms open onto the central courtyard, while the Gyokuto-an tea house is a quintessential expression of Japanese aesthetics where a traditional tea ceremony is held twice a month. With temples, gardens, palaces, shrines, museums and shopping just minutes away, Sumiya is an ideal base for discovering one of Asia's most atmospheric cities. www.ryokancollection.com

Price: 42,000 yen (about HK\$3,200) per person per night, twin-share, including service, tax, breakfast and Japanese dinner

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