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Healing *lifestyles & spas*

Featuring: Shreyas Retreat

ENRICHING *Spa Tours*

By Judy Chapman

WHILE A SPA VACATION IS INHERENTLY RELAXING, A FEW SPA TOURS ARE TAKING IT A STEP FURTHER, CREATING UNIQUE EXPERIENCES TO FOSTER INNER GROWTH.

Want to learn how to give a Balinese massage while on vacation? What about serving up meals to the local kids in between your yoga class and Ayurvedic massage? Giving back while on vacation, known as voluntourism, is rocking the travel world. From visiting orphanages to taking art classes, the new mindset is to return home with improved skills, deeper knowledge, and an inspired mind.

BECOME A PERMACULTURIST

Of all the newly opened yoga retreats around the world, it is **Shreyas**, India's most luxurious retreat center, where guests can get involved in Corporate Social Responsibility (CSR) initiatives. Stay in well-appointed cottages or camp out in elegant tents (all with broadband connection) while you embark on programs to give back to the local community. Learn about permaculture and the future of sustainable agriculture while you help out in the organic garden. Even more inspiring, guests are encouraged to cook and serve food to the local kids. Every effort has been made

to preserve natural resources with solar heating, rain-water harvesting, organic food, and medicinal herb plantations. On-going year-round yoga retreats involve daily hatha and ashtanga yoga, meditation, and chanting. Spa-wise, there's a host of Ayurvedic and herbal remedies to keep you rejuvenated throughout your stay. www.shreyasretreat.com

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