



A journey of self-discovery

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Sea & I: Spring-Summer 2011

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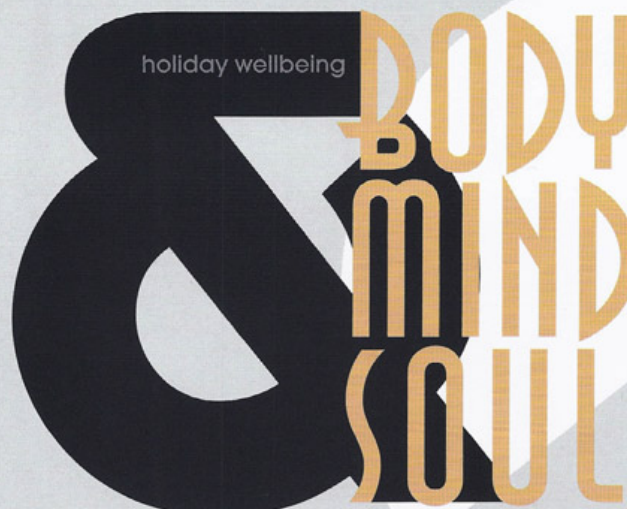
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Most holidays leave us refreshed and relaxed but some breaks go a step further in terms of health, taking diet, fitness and wellbeing to new extremes

By Kate Rigby

Indulgence and quality time are rarely natural bedfellows with excellent wellbeing but the partnership is increasingly being perfected thanks to a growing number of luxury resorts marrying diet, detox and fitness with first-class accommodation. Here, **seoul** profiles three leading, and completely diverse, health-focused holiday experiences.

INDIA'S SPIRITUAL SHREYAS YOGA RETREAT

An hour's drive from India's Bangalore International Airport, more than 25 acres of beautiful green lawns, palm trees and soothing pools strung with neon pink and orange petals make way for what is undoubtedly one of the world's most respected yoga retreats. Whether you're a beginner or highly experienced in yoga, you can immerse yourself in every aspect of this ancient practice in a setting conducive to complete serenity.

Accommodated in a cottage or an elegantly designed tent in the grounds, you can fill your days with Hatha and Ashtanga Vinyasa yoga, as well as exploring many other yogic disciplines, including pranayama (breathing) sacred chants, mouna (silence) and pratyahara (a form of preparatory meditation).

Yoga is renowned for inspiring a host of health benefits, including more toned muscles, improved fitness, enhanced balance, weight loss, stress reduction and deep relaxation. It has even been reported to help relieve certain health conditions, the likes of insomnia, depression and anxiety. As well as these physical and therapeutic benefits, the Shreyas retreat also gives you the chance to reflect and enjoy a slower pace of life, meaning you'll return home with a reinforced sense of emotional and spiritual clarity. The retreat is the perfect place to escape the outside world and has been designed specifically with this in mind, with the architecture of the buildings honouring the natural environment. Added to this, rainwater

Top right: the Shreyas pool at night
Right: daily yoga instruction takes place in the most scenic of settings



health&beauty

harvesting, solar heating, ayurvedic and medicinal herb plantations, organic waste disposal and organic farming guarantee an all-round eco focus. The latter also ensures the healthiest of diets, with all meals being prepared with organically grown ingredients hand-picked from the surrounding fields.

The retreat also caters for other aspects of wellbeing, with a swimming pool, Jacuzzi, steam room, gym and spa. Although simple, the latter is regarded as being among the finest in India, and offers a range of massages including Thai, Indonesian, Swedish, Ayurvedic, aromatherapy and deep tissue. You can also indulge in body scrubs, facials, manicures and pedicures to rejuvenate body, mind and soul.

Shreyas also runs 14- and 21-night weight-management programmes that aim for healthy long-term weight loss. Experts guide you in the knowledge that a healthier life combines both physical and mental disciplines — from the foods you chose to the activities you undertake, and even the esteem with which you regard yourself. Yoga is combined with healthy cuisine, slimming Ayurvedic therapies, brisk walks, gym workouts and swimming to ensure you achieve your goals. Counselling is also provided to help you set realistic targets and to advise you which activities and spa treatments would best support your programme.

Despite the beautiful surroundings, charming accommodation and opportunity to relax, this is less a holiday and more a valuable opportunity to take time to reassess your life and work towards a healthier mind and body.

For more information, visit www.shreyasretreat.com



HOLIDAY HEALTH HIGHLIGHTS

- Improved competence in yoga
- A more toned, strengthened body
- A healthier diet
- Weight loss
- Improved mental clarity and relaxation



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