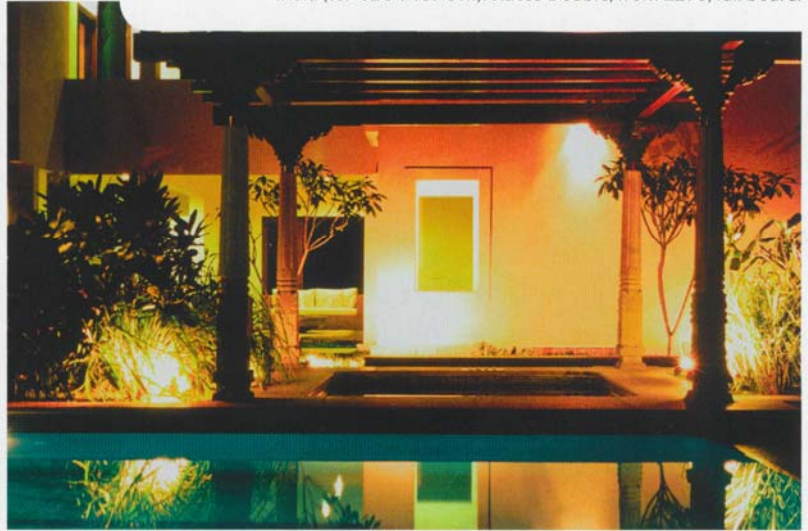


## Shreyas

BANGALORE, INDIA

A gentle, earthy retreat, serious but not at all ashram-grotty, and exactly the sort of place bright, self-discovering yogis want to find in India. Gear up for vegetarian feasts, no TV or alcohol and a magical atmosphere. Days begin with sunrise yoga of the hatha and ashtanga variety and are followed by cleansing breakfasts, sound meditation, chanting classes and then more yoga – all of it suitable for beginners, as well as those who can flex themselves into a super-twist. In-between times, you can loll by the pool and stroll in lush gardens. Or get busy do-gooding, helping out in the organic kitchen garden or cooking lunch for the local schoolchildren. The staff are soothing and reassuring; there are three rooms and eight swish tents dotted around the grounds; and a small spa offers ayurvedic treatments using homegrown herbs and coconuts. **Website** shreyasretreat.com. **UK reservations** Greaves India (tel: 020 7487 9111). **Rates** Double, from £270, full board.



## Yogahikes

BUCINE, ITALY

Regular Yogahikers talk eagerly of the pounds that will melt away during this week at Iesolana, a Tuscan estate thick with cypress trees and lazy hills between Siena and Florence. But don't get too excited: it all depends on your love of Italian food. Mainly vegetarian it may be, resistible it is not – particularly after three and a half hours of yoga (one and a half before breakfast and two before supper) and a mass of walking a day. Oh, the hunger! My, the mozzarella! The walkabouts through ancient villages, forests and vineyards are spent in silence; afternoons breeze by idling by the pool or enjoying massages. Alexa, who teaches meditation and her cool combination of ashtanga and scaravelli yoga even to virgin yogis, has an eager retinue of regulars longing to be her friend. Return, if not a stone thinner, then certainly lithier and calmer and clearer of spirit. **Tel** 07796 671549. **Website** yogahikes.com. **Rates** Double, from £2,000, full board, for seven nights.

# FATFLEER<sup>®</sup>

In association with  
Cleveland Collection

The 101  
best spas in  
the world

Spa  
Guide 2009

