

AUGUST 1 - 15, 2008

See Bengaluru property value 105

# Bengaluru Travel & Shop

Stay • Eat • Party



**10**

## Fashion in vogue

Soch is the place to be for families

soch

**60**

## Dine like a king

At Mugen, the fine dining Oriental restaurant

**80**

## A girl's best friend

Arnav's jewellery for the connoisseurs



**119 Theatre**



Love Letters, a heart-warming play about two people at Ranga Shankara

**120**

**Food**

Nizami food fest at The Park



**120**

**Dance**

Learn the salsa at the Bangalore Dance Academy





## Shreyas Retreat

Santoshima Farm, Golahalli Gate, Nelamangala Tel: 98450-45250, 773-7183, 773-7102. Website: [www.shreyasretreat.com](http://www.shreyasretreat.com).

After an hour and a half's drive from the city, Shreyas has twenty-five acres of whispering palms, a well-stocked library of fiction and self-help books, an amphitheatre for all things cultural, eucalyptus-scented cold towels to your face after cricket at the nets with BOLA, the professional bowling machine. Not to mention sweet coconut water, Indonesian and Thai massages, wholesome organic food, guided meditation and guided yoga sessions. Rates: Tents/poolside cottages: Rs 7,000 (single occupancy), Rs 9,000 (double), Three-bedroom cottages: Rs 15,000, Corporate retreats: Upwards of Rs 6,000 per person on a twin-sharing basis. Rates inclusive of one night's accommodation, vegetarian meals, yoga classes, one wellness consultation and usage of all facilities.

### Soukya International Holistic Health Centre

Soukya Road, Samethanahalli, Whitefield  
Tel: 7945-001, 7945-002  
[info@soukya.com](mailto:info@soukya.com)

### Chiraayu Rejuvenation Centre

66, 17th D Main, 6th Block Koramangala  
Tel: 2550-0855, 6532-3896

### Kerala Ayurvedic Health Spa

794, 9th 'A' Main, Indiranagar Tel: 2525-5152 [www.keralavaidhyshala.com](http://www.keralavaidhyshala.com)

### Ojus Health and Rejuvenation

Devadaru Farm, Odrepalaya, Hormavu  
Agara Tel: 2544-4749  
[gsnayar@yahoo.com](mailto:gsnayar@yahoo.com)

### Shastrys Ayurdhama

8 & 9 Yelachenahalli, off Kanakapura  
Road, Kanakapura Main Road Tel: 2666-9222 [dreakishore@gmail.com](mailto:dreakishore@gmail.com)

## Yoga centres

### Art of Living

19, 39th A Cross, 11th Main Road,  
Jayanagar 4th Block Tel: 2664-5106,  
2244-0102

### Patanjali's Ashtang Yoga

Koramangala Tel: 97410-21040  
[amishikotak@gmail.com](mailto:amishikotak@gmail.com)

### Vivekananda Yoga Anusandhana Samsthana

19 Eknath Bhavan Tel: 2660-8645, 2661-2669 [webmaster@svysa.org](mailto:webmaster@svysa.org)

### Women's Yoga

4th 'B' Block Koramangala Tel: 4121-7848

### Atma Darshan Yogashram

Dayanandasagar College Road,  
Kumarswamy Layout, JP Nagar Tel: 2666-4015, 2666-4016

[adyogashram@yahoo.com](mailto:adyogashram@yahoo.com)

### Prithvi Natural Healing & Yoga Clinic

841, 10th Main, 5th Cross, 2nd Stage,  
Near Cauvery School, Indiranagar Tel:  
4116-1666, 2528-6035

[drbhanu@prithvinaturalhealing.com](mailto:drbhanu@prithvinaturalhealing.com)

### Siddha Yoga Meditation Center

20th Main, 6th Block, Near Koramangala  
Police Station, Koramangala Tel: 2553-0493, 2559-5620

### Yoga Jeevana Kendra

1349, South End Road, Jayanagar 9th  
Block Tel: 2658-6128

### Arogya Mandira Trust

148, West of Chord Road, Near ISKCON  
Temple, Rajajinagar Tel: 2357-9755,  
2579-1143 [info@arogyamandira.com](mailto:info@arogyamandira.com)

### Ayush Therapy Centre

143B, 5th Block, 60 Feet Road,  
Koramangala Tel: 4121-7000

## Homeopathy

### Healing Touch Homeopathy

48/2, 8th Main, 13th Cross, Malleswaram  
Tel: 2334-0963, 3262-1767