



Fact Sheet

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Location and Concept



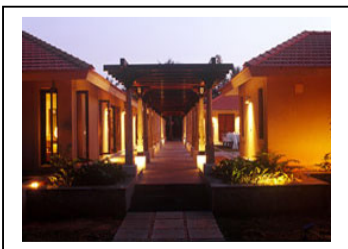
Concept

A quiet 25-acre retreat on the outskirts of Bangalore. Situated in stunning gardens and with a beautiful, enormous herb and vegetable garden where everyone is welcome to come and help out. Quiet sitting areas are scattered around the gardens to encourage a little peaceful meditation.

Shreyas is a superbly comfortable and stylish retreat on a par with some of the more exclusive small retreats in the world. Shreyas prides itself on its service, which is an attempt to apply the eternal Vedic instruction – Athiti Devo Bhava – or ‘treat thy guest as an embodiment of the Divine’.



The essence of Shreyas is the concept of wellness of body, mind and soul, for the purpose of self-mastery that manifests as excellence in all that we do. The principal medium through which guests are exposed to this is Yoga - which is non-denominational and open to people of all faiths. They demonstrate through various customised programs that, contrary to popular belief, Yoga can be practiced by everyone – fit or unfit, old or young, supple or brittle. Yoga has an amazing effect on the body and mind energies allowing one to deal with life's ups and downs with sense of equanimity. Shreyas will appeal to those who wish to understand/familiarise themselves with the philosophical tradition of India, without necessarily delving into its organised religious aspects.



Traditional Hatha and Ashtanga Yoga are practised – this includes simple posture classes for stress management and moves on to more advanced modules. The centre focuses on self-development workshops in a safe and comfortable environment.

Besides the physical postures, Shreyas also offers breathing exercises (Pranayama), visualization techniques (sakshi bhava), deep relaxation classes (yoga Nidra), yogic kriyas (jala neti, Vaman dhouti) and candle meditation (Trataka), etc

Classes are suitable for both male and females.

People are also encouraged to get away from an over-worked and hectic lifestyle or the rigours of the office; to come and de-stress by working in the vegetable and herb garden, planting paddy and getting their feet dirty! A true retreat geared to self -discovery, where the intention is to bring a little of the best of Indian spiritual wisdom (namely, Yoga) into the lives of its guests.

Community Service (Voluntourism) exercises

All our guests are encouraged to participate in one Community Feeding Exercise during their stay. This includes picking vegetables, herbs and fruits from Shreyas' Organic Farm, procuring other ingredients from the nearby village, cutting vegetables; assisting in preparing a meal, serving the food to the children or elderly in the village school/orphanage and sharing their experiences with fellow guests.

Corporate off-sites

Shreyas offers time-challenged entrepreneurs and busy corporate executives a luxurious home away from home to conduct off-sites and team-building exercises. Corporations may rent the entire property and its facilities for their exclusive use, providing an incredible setting for their teams or clients to relax, unwind and work effectively without distraction. Shreyas is also unique in that it offers customized programs on Leadership that look to apply the philosophy and practice of Yoga and Vedanta (the essence of Indian philosophy) in a modern context.

Accessibility

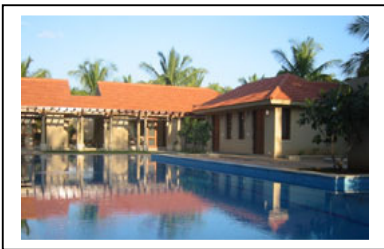
By Air: To Bangalore, from Europe, Delhi, Bombay, Trivandrum, Chennai, Vishakapatnam, Calcutta. Followed by a 1 hour drive (50kms)

By Road: From Mysore, Belur, Halebid, Hampi, Bangalore. (35km from the city centre)

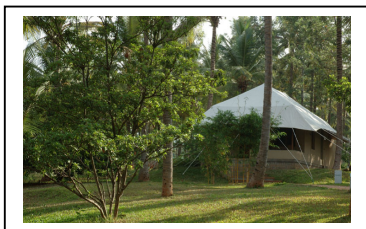
By Train: To Bangalore, followed by a 1-hour drive.

Transfers: The retreat is happy to arrange station / airport transfers at additional cost.

Accommodation

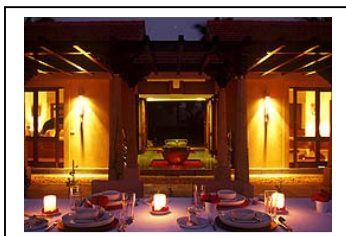


Accommodation comprises of tents and cottages spread around the expansive gardens and premises. There are 8 twin/double garden cottages, 3 double poolside cottages and 1 three-bedroom suite cottage. The garden cottages are excellent with fixed bases, multi-layered canvas tops and superb bathrooms, which are semi-open to the skies. Each tent has its own verandah and they are well spread out to ensure privacy. The pool cottages are located next to each other near the swimming pool and main lobby and there's a 3-bedroom cottage in the gardens. Each has an attached, state of the art bathroom. All the rooms and tents are done up in calm, earthy colours and in an almost minimalist / 'Aman' style. Each is air-conditioned, has an overhead fan, complimentary Internet access, intercom, local and international dialling, tea and coffee making machines, hair dryer, bathrobes, slippers and electronic safe. The linen & furnishings are of the highest quality and the 'finish' of almost every aspect is second to none—immensely stylish & comfortable.



All the pool cottages are 'non-smoking' and are on ground level so there is easy access for wheelchairs. Each is air-conditioned, has an overhead fan, complimentary Internet access, intercom, local and international dialling, tea and coffee making machines, hair dryer, bathrobes, slippers and electronic safe. The rooms do not have Televisions or CD players. There are showers rather than bathtubs in each room. Heaters are available on request. Water at Shreyas is purified on site and is provided in all bedrooms and is safe to drink. Bottled water is charged extra.

Dining



Shreyas serves gourmet Vegetarian cuisine which comprises Indian, Continental, Mexican and Oriental. There is one dining room where guests are encouraged to dine together. On warm nights dinner is often served al fresco in the garden, and guests have a choice of joining a larger group or dining on their own. Lunch and dinner tends to be table d'hote, although occasionally they organise buffets. Should a guest have any particular likes or dislikes, the chefs will be more than happy to try to accommodate these wishes, to the best of their ability. As much as possible is grown or produced on the premises. The menus are carefully planned to fit in with the overall wellness programmes. Menus can be adapted to suit you if necessary and within reason. All meals are included in the nightly room rate (excluding room services meals). Special dietary

requests such as wheat-free, dairy free, low-calorie, vegan etc are accommodated on request

Room service is available but with a limited choice and is chargeable.

Alcohol Policy

Alcohol is neither served nor permitted at Shreyas, and guests are requested not bring their own for private consumption.

Meal Times

There are fixed meal times with breakfast being served at (approximately) 9am, lunch at 1pm and dinner at 8pm.

Children

One extra bed can be provided for children up to 8 years of age. Due to the peaceful nature of this retreat, it is not ideal for boisterous children who may find it a little quiet. No baby-sitting services are available.

Dress code

There is no official dress code. It is very relaxed and guests tend to relax in yoga or exercise clothes during the day, changing into something a little bit tidier for dinner. Guests are asked not to walk around bare-chested or in swimwear, other than by the pool.

Check-in / out time

There is a 24-hour check-in / check out policy

Electricity

220 volts. The standard two / three pin adaptors work.

Credit cards / currency

Visa, MasterCard and American Express. Sterling, Euro and Dollars are accepted. There is no money changing facility

Mobile telephones

Mobile telephones work here.

Internet Access

Each room has access to broadband Internet connection

When to go / Climate

Due to its slightly elevated position at the southern end of the Deccan Plateau, Bangalore has an agreeable climate for most of the year. The coolest times of year are November to February but September /October and March/April are still excellent months to be there. The monsoon arrives in June and lasts until August. However, everything becomes incredibly green at this time and it's a particularly beautiful time of year.

Opening and closing

The retreat remains open 365 days a year.

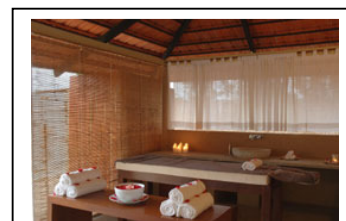
Pests

Mosquitoes tend to be around for about an hour in the evenings. The retreat combats this by burning of citronella incense and anti-mosquito oils. Guests are also provided with mosquito repellent if required.

Retreat facilities



- One of the finest yoga pavilions in South India. A large yoga hall. (All yoga sessions are included in the daily room rate). The hall is open-sided and overlooks peaceful gardens. Twice daily group yoga classes are complimentary with your stay
- Chanting / Sound meditation classes: A daily sound meditation class based on Vedic mantras is complimentary with your stay
- Gym.
- A large ozonated swimming pool, 25 x 6m.
- Outdoor Jacuzzi (by the swimming pool).
- Indoor steam rooms.
- Two spa treatment rooms offering Indonesian, Swedish, Thai, Aromatherapy and Ayurvedic massages besides facials, scrubs, masks, manicure, pedicure etc
- Walking track around the gardens.
- Nature farming (sowing, weeding, plucking etc) in the organic herb and vegetable gardens
- Cricket net with all the necessary equipment, including a professional bowling machine, for guests to practice their batting skills or to get rid of some aggression.



- Extensive library for guests to borrow books during their stay.
- Cooking classes on healthy cuisine
- There is a home theatre with extensive audiovisual facilities and a wide choice of DVD's to watch.
- Comfortable, peaceful sitting room for guests to relax in.
- Machans and meditation huts in the lawns for quiet contemplation
- Conference hall available for guests' use.
- The retreat can arrange vehicles for taking local excursions.
- Wellness consultations (one is offered upon arrival and is included in the nightly room rate).
- E-mail checking facility in the office (free of charge)
- Highly qualified Yoga instructors.

Possible excursions	Visits to Bangalore, Mysore, Belur, Halebid, Srirangapatnam, Sravanabelagola. Mysore can be reached in two and half hours by avoiding Bangalore City, taking the road to Mangalore (6 km from Shreyas) and then cut across to Mysore. Coorg is about three hours from Mysore. Belur is 195 Kms from Shreyas, Halebeid is 214 Kms and Shraavanabelagola is 133 Kms. Hampi is 323 Kms from Shreyas , off the NH 4
Minimum length of stay	One night stay is required to visit Shreyas.
Payment / cancellation	Pre-payment of 50% is mandatory at the time of booking, with the balance payable on arrival. If cancelling within 30 days of arrival, the deposit is forfeit.
Reservations	Reservations may be made by calling Mr Balaji on +91 80 2773 7102 / +91 99161 10422 or Ms. Nidhi at +91 98100 72838, or by faxing the booking form available on the website to +91 80 2773 7016 or by email to reservations@shreyasretreat.com . There is no minimum stay requirement except during the Christmas / New Year season where there is a minimum stay of 5 nights
Packages	Packages include Wellness for the Soul Package, Yoga retreat Package, Weight management package, The Joy of Giving, Silent Retreat, Ayurvedic Rejuvenation etc. The duration of the packages is from 3 – 21 nights. Please check the website for details.
Seasonal surcharges	There are no seasonal surcharges, but a minimum of 5 nights stay is required between 15 December and 10 January.
Government Taxes	Rates are subject to 10% service charge ad 12.6% government taxes.