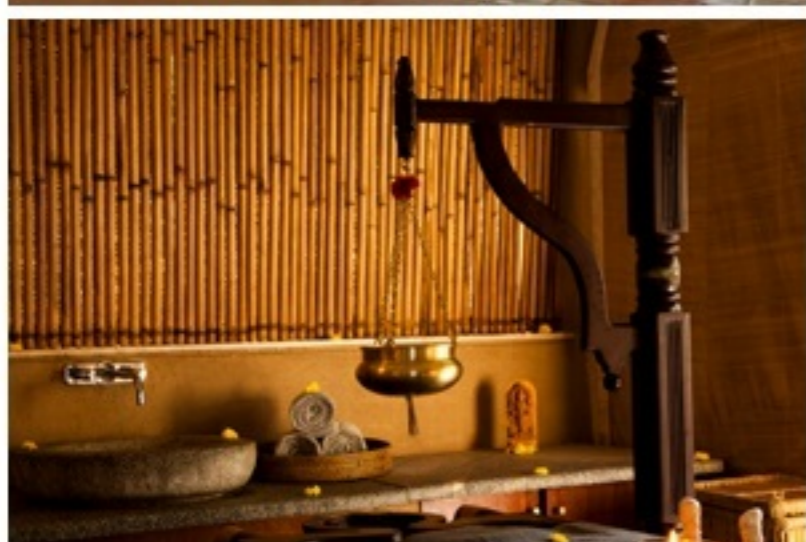


An Indian experience – Bangalore Shreyas Retreat



Shreyas Retreat in the beautiful countryside of Bangalore is dedicated to promoting the authentic spiritual tradition of Yoga in a holistic manner and is recognized as one of the finest Yoga retreats in the world. What makes Shreyas unique is that, whilst Yoga is taught in traditional ashram style (daily yoga, meditation sessions, chanting classes, a strict vegetarian, no alcohol policy and community service), guests live in a luxurious environment normally associated with a star hotel.

Awaken your body and calm your mind doing yoga twice daily a sound meditation every morning with Shreyas' experienced instructors. Offering classes in traditional Hatha and Ashtanga yoga style, the classes are suitable for complete beginners as well as more experienced yogis.

For those wishing to delve deeper into the ancient teachings of yoga, additional sessions on Pranayama (breath work), meditation and community service are available.

To complement the cleansing process begun through Yoga, pay a visit to Shreyas' www.shreyasretreat.com/ShreyasSpa.htm offering a range of traditional therapies.

Eat your way to better health with a tailor made menu catering to your needs following a personal consultation with an Ayurvedic doctor.

www.shreyasretreat.com

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