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# Top 5 wellness retreats in India

Here is a list of some of the best wellness centres in India.

By Chethana Prakasan | Published: December 7, 2016 9:13 PM IST

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India is popular as a spiritual destination and thousands of tourists from across the world visit the country for spiritual renewal and serenity. India is a treasure trove of wisdom and ancient knowledge and with time it has become one of the most popular places for rejuvenating and healing therapies. For years, people have made their way to the country to learn about ancient practices like meditation and yoga. Travellers visit India to calm their restless mind and sooth their nerves. From serene ashrams to wellness spa with luxury accommodation, India has many healing and wellness centres that offer an escape from the pollution and busy city life, show a path for self-discovery and stress reduction. Ayurvedic massages, meditation and yoga sessions are some of the main features of some of the wellness centres in India. If you want to calm your nerves and enjoy some time in a serene place, your search ends here.

## Shreyas Yoga Retreat, Bangalore



Located in Bangalore, Shreyas Yoga Retreat is nestled in beautiful gardens and exotic landscape. The resort is one of the best wellness retreats in the country. This place will guide you through the path of self-discovery. It offers authentic, personalised Ashtanga and hatha yoga along with healing therapies to nourish your soul, body and mind. It has a well-managed spa offering relaxing massages, organic scrubs, therapies and masks.

**Address:** Santoshima Farm, Gollahalli Gate, Nelamangala, Bengaluru, Karnataka 562123

**Contact:** 099161 17773

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Live	Up Next	Results
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PAK 310/6		OVERS: 101.2
<b>South Africa vs Sri Lanka - 1st Test Match</b>		
SL 181/7		OVERS: 57.0
RSA 286 (98.5 Ovs)		SL trail by 105 runs

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