

### Luxe by chance



**Butt, of course** A yoga session at Shreyas

**Priya George** comes upon an ultra-luxurious spa on the outskirts of Bangalore.

Located beyond Nelamangala on the outskirts of the city, Shreyas Yoga Retreat is a residential spa which caters to luxury travellers seeking expert guidance in yoga. The quiet, verdant 25-acre property used to be a coconut grove until Pavan Malik, an investment banker, bought it in 2004. He, along with his wife Leesha, then oversaw the development of the property.

The team at the retreat comprises an Ayurveda doctor, a naturopath, an ashtanga vinyasa expert and a hatha yoga teacher. Head of yoga and management Krishna Prakash said that each guest is offered a customised plan based on individual requirement. "For example we will take into account if they have a back problem and want to focus on it," he said. Shreyas offers six yoga packages – Wellness for the Soul (₹66,000; couple), Yoga Retreat (₹64,000; couple), Rejuvenation (₹2.6 lakh; couple), Weight Management (₹4.17 lakh; couple), Joy of Giving (₹1.5 lakh; couple) and Silent Retreat (₹1.44 lakh; couple). Apart from these they also offer Balinese, Thai, Swedish and aromatherapy massages.

"As we grow older we realise that there are certain limitations to regular exercises. Yoga, however, gives you a stepwise graded approach," Prakash said. Shreyas follows the tradition of

yoga propounded by the sage Patanjali in his yoga sutras, wherein the eight limbs of yoga are yamas, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi. "At Shreyas, a guest gets to practice the first seven steps in an integrated way to achieve the eighth – one of transcendence slowly in life," Prakash said.

Espousing healthy diets as a big part of their packages, the resort has a three-acre vegetable garden which supplies most of the kitchen's needs for vegetables, greens, herbs and rice. In addition, many of the coconut palms that originally covered the plot remain today, allowing the resort to produce its own oils and organic scrubs. They have cattle (nine cows and two buffalo) as well for all dairy needs, thus making the place almost entirely self-sufficient. The head chef dishes up gourmet organic meals for all the guests – 25 at full count.

Executive chef Rame Gowda said, "We cook vegetarian food that's low in carbohydrates and make sure everything is fresh. We use less oil and spices, so the food is very mild and light." Shreyas also organises cooking sessions for the guests with the head chef if they want to know how certain low-calorie dishes are prepared.

*Depending on the yoga package you choose, the duration of your stay could range from three nights/four days to 21 nights/22 days. Rates mentioned do not include government taxes or service charge. See Spa offers.*