



- YOGA AT SHREYAS
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### Discover India - July 2011

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#### RETREATS

- Wellness for the Soul
- Yoga Retreat
- Ayurvedic Rejuvenation
- Silent Retreat
- The Joy of Giving
- Weight Management

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#### Video Directions



**R**ated one of the Top Ten Yoga Retreats worldwide by *Gayot.com*, Shreyas Retreat blends Yoga, Vedanta, wellness and luxury to offer an experience that can only be termed as beautiful. According to Balajai Nanabala, CEO, Shreyas Retreat, "Shreyas will set you on a journey of self discovery and is a home away from home where your entire stay including food will be customised to your requirement."

Recognised as one of the finest yoga retreats in the world over the past five years, the emphasis at Shreyas is to live an *ashram*-style life with daily yoga, meditation sessions, chanting classes, organic vegetarian food, no alcohol, community service and farming in private, serene and luxurious accommodation. You choose what you want to do and nothing is mandatory. The best part is that while you experience five-star luxury, you can practice different facets of Yoga as if you were in an *ashram* in the days of yore.

While yoga is the mainstay of this place, there are numerous community activities like teaching and cooking for vil-

lage children, sourcing and cutting vegetables and indulging in a spot of farming to keep you occupied. If you just want to relax, you can read at the library, watch a movie at the private home theatre, swim in the infinity pool or head to the spa for a relaxing massage.

You can even get a professional cricket lesson, take an invigorating walk on the two-kilometre jogging track set amidst the lush landscape or simply surf the Net at broadband speed.

All packages at the resort can be individually customised by guests. Situated approximately an hour's drive from Bengaluru's new airport, its 11 cottages are nestled within a sprawling 25-acre green oasis and accommodate only 25 guests at any time ensuring a sense of quiet like no other.

Shreyas has recently made it to the 2011 Relais & Châteaux Guide, and is a part of the exclusive, handpicked club of 500 properties from across the globe. And that is because it is one of the best places to relax, recharge and rejuvenate your body as well as soul. ■



**A calming view:** The retreat is ideal for the over-worked jet-setters of Bengaluru

**SOUTH**

# The healthy break

RANKED AMONGST THE WORLD'S BEST YOGA RETREATS, SHREYAS OFFERS PEACE AND QUIET IN THE MIDST OF SHEER LUXURY, SAYS **BINDU GOPAL RAO**

## Navigator

**GETTING THERE**

**By air:** Bengaluru is the nearest airport (an hour's drive away). Shreyas is about 35 km north-west of Bengaluru.

**By rail:** The Bangalore City Railway station is the nearest rail station. A 35-minute drive from here will take you to the resort.

**By road:** Buses ply to and from Bengaluru's bus stand to major cities and towns in the south.

**WHERE TO STAY**

Shreyas Retreat, Santoshima Farm, Gollahalli Gate, Nelamangala, Bengaluru. For reservations, mail at [reservations@shreyasretreat.com](mailto:reservations@shreyasretreat.com)

**BENGALURU TO SHREYAS**  
**35 km**