



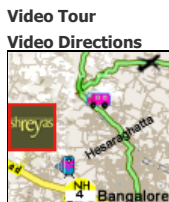
A journey of self-discovery

YOGA AT SHREYAS	ACCOMMODATION	RATES	YOUR STAY AT SHREYAS	MORE ABOUT SHREYAS	MEDIA FEATURES	THE SPA	CONTACT US
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Exploring bliss, the YOGA way

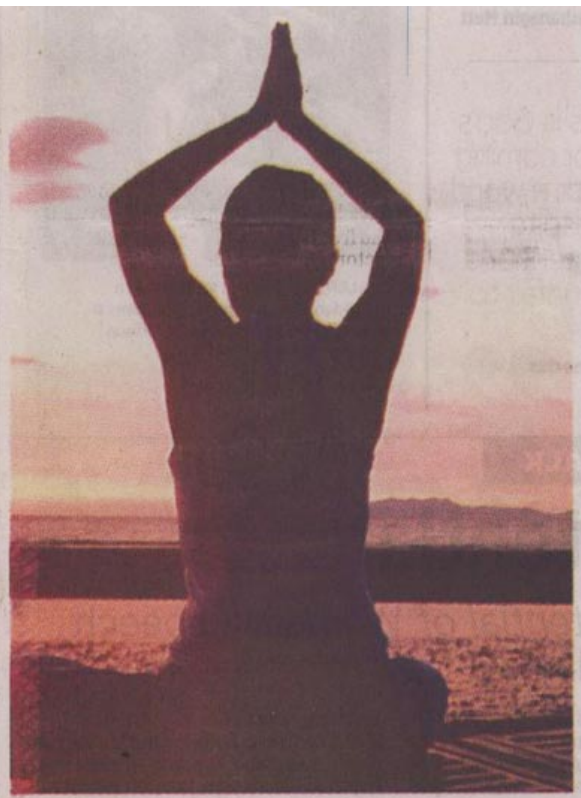
PACK YOUR BAGS

Yoga vacations promise rejuvenation along with mental, physical and spiritual discipline

A vacation that promises the serenity of nature, spiritual discipline and enlightenment of self seems to be on rise. Yoga vacation offers a perfect stress busting weekend vacation to rejuvenate your body, senses and the spirit. The purification process helps to strip away layers of accumulated stress and toxins, physically, mentally, emotionally and spiritually.

Yoga is a way of life, an art of righteous living or an integrated system for the benefit of the body, mind and inner spirit. It is nothing but the discovery of an environment truly conducive to inner exploration and personal growth. In order to achieve it, yoga employs various movements, postures and meditation, thus ensuring a balanced and healthy approach to life.

“Yoga restores balance into our lives, resolves our inner conflicts, enables total excellence and allows us to fulfill our potential to become complete human beings. At Shreyas Retreat, we follow the authentic spiritual tradition of yoga. It is much more than the traditional physical postures and retreats that aim to catalyse your philosophy of life and harmonise it with the timeless wisdom enshrined within the Indian tradition. Yogasana classes at Shreyas are, conducted by our experienced instructors, based on both classical Hatha Yoga and Ashtanga Vinyasa for beginner, intermediate and advanced levels,” said Nidhi Sood, vice president of Marketing and Business Development, Shreyas Retreat.



In an attempt to maintain a balance between the body and mind, and to achieve enlightenment, there came an era of everlasting tranquility and benediction. Yoga is the traditional physical and psychological discipline that originated in India. Since its inception yoga has been experiential. It is truly the union of body with consciousness and soul. It is an ancient but perfect science that deals with the evolution of humanity. Teachers transmit the seed of knowledge but true understanding comes through independent practice and mindfulness of the resultant shift on physical, mental and spiritual levels. Teachers and students alike are on the quest for self-realisation. The most ancient sustained expression of yogic ideas is found in the early sermons of the Buddha. Early Buddhism incorporated meditative absorption states.

Yoga has quickly become one of the most sought after forms of relaxation in the world. It is predominantly concerned with maintaining a state of equanimity at all costs. Individuals around the globe seek to learn yoga in order to gain both physical and mental balance and to find a sense of inner peace. Yoga and health retreats can be a necessary antidote to the stresses of modern living. Taking time to nurture the mind, body and soul can help release the beauty within. As Ymber Delecto once said, “Yoga is invigoration in relaxation, freedom in routine, confidence through self control and energy within and energy without.”

Akshatha Shetty
akshatha@expressbuzz.com