



Holidays with Soul: Indian Wellness Getaways for Every Budget

Laid-back yoga holidays from Rishikesh to Kerala.

HOTELS **SPIRITUALITY** SAUMYA ANCHERI | POSTED ON: SEPTEMBER 6, 2016



Take a yoga holiday to unwind, connect with a new culture, and reconnect with yourself. Photo: www.soulandsurf.com/retreats/india

Shreyas Retreat in Bengaluru, Karnataka

This plush, serene 25-acre property on the outskirts of Bengaluru is truly far from the madding crowd—it takes in only up to 20 guests at a time. Shreyas has cottages with tented canopies in the garden and beside the infinity pool (the latter is wheelchair-accessible). The aesthetic is of quiet elegance, with antique doorways, stone pillars, and earth-toned furnishing. Meals are vegetarian, with ingredients from the organic vegetable garden. De-stress with ashtanga and hatha yoga classes, meditation, chanting and massages, but also at the gym, cricket nets, swimming pool, and heated outdoor jacuzzi.

Getting There Shreyas Retreat is 33km/1hr from Bengaluru airport, and 35km/1hr from Bengaluru City Junction railway station.

Price Doubles from ₹28,000, including all meals, yoga, meditation, and access to sport facilities and home theatre. Prices vary by season. Stays between Dec 15 and Jan 10 have to be a minimum of 5 nights. No alcohol or meat.


www.shreyasretreat.com



Detoxing can be calming, like this Ayurvedic shirodhara oil treatment for the forehead at Shreyas Retreat. Photo courtesy Shreyas Retreat

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