

# Don't speak

Retreats where pindrop silence will help you reconnect with yourself



SHUTTING up is nearly impossible with our current lifestyle. But it has benefits that have been extolled through the years by yogic *gurus*, as well as in books and movies (*Eat, Pray, Love*, to name one). This year, why not put it to the test? We give you three destinations where you can embrace silence and rejuvenate.

## Shreyas

This luxury yoga retreat in Bengaluru is an ideal getaway if you'd like to cut your-



self off from everything and commune with your inner self. Their five-nights Silent Retreat package—in garden or pool side cottages—includes personalised *pranayama* and *trataka* sessions, walking

meditation, rejuvenation massages and yoga *nidra*. While there, enjoy gourmet vegetarian meals, too. ₹98,000++ (for single occupancy). Details: [shreyasretreat.com](http://shreyasretreat.com)

## Amrita Yoga

At Amritapuri in Kollam, Kerala, you can sign up for a seven-day Amrita Yoga silent retreat, which promises to give you clarity and strength of mind. With a focus on breath and *Ma Om mantras*, the meditation alternates between sitting and walking. And when Mata Amritanandamayi, or Amma the 'living saint', is at the *ashram*, you can join her for the meditation. ₹12,110 approx. Details: 2897578

## Dhamma Paphulla

Sandwiched between farmland and forests, Dhamma Paphulla, near Bengaluru, offers 10-day Vipassana courses through the year. While there, learn how to calm the mind and develop mastery over it. Beginning with breath and walking meditation, you will graduate to higher levels which promise to help you control stress and attain joy. Free for all. Details: [dhamma.org](http://dhamma.org)