

# 10 Placid Meditation And Yoga Retreats In India

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IMAGE SOURCE: [SHREYASRETREAT](#)

One of the most luxurious and grand yoga retreats in the world, Shreyas Yoga Retreat in Bangalore is one center that has sessions customized to match every visitor's need. An array of classes, rejuvenation spa, meditation sessions are just to name a few!

With their belief that Yoga is a pathway that leads to self-discovery and spirituality, one can easily explore himself under the supportive guidance of professionals. Leave aside all the hum-drums of world and rejuvenate with the soothing Yoga facility available here.