

Top 10 Yoga Retreats Worldwide



Shreyas Yoga Retreat



Santoshima Farm, Gollahalli Gate 562123 Nelamangala
India

This dedicated yoga retreat offers the experience of a high-end luxury resort.

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If you have a yen for an upscale yoga experience, then aim your chakras towards Shreyas Yoga Retreat in Bangalore, India. This sleek escape is devoted to promoting the authentic spiritual tradition of yoga in an environment that's normally associated with luxe hotels. Shreyas is spread over 25 acres of landscaped gardens and utilizes natural resources with initiatives such as rain water harvesting, solar heating, ayurvedic and medicinal herb plantations, organic farming and organic waste disposal on-site. Guests can enjoy ashtanga and hatha yoga, chanting classes, silent retreats, meditation, massages, ayurvedic treatments such as abhyanga and shirodhara and community service exercises. Amenities include an infinity pool, hot tub, steam room, and walking trails. The only member of the prestigious Relais & Châteaux group to feature a totally vegetarian menu, Shreyas also boasts a dedicated culinary experiences retreat. With just 14 rooms accommodating up to 25 people, personalized service is a highlight here.

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