

## Shreyas Retreat – a life-changing experience

By Kaya Peters on Dec 22, 2014

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Shreyas Retreat – rejuvenate yourself in style

Welcome to twenty-five acres of serenity, splendor, and harmony – this is what you will find when staying at Shreyas Yoga Retreat.

Located just one hour from the hustle and bustle of Bangalore City in the state of Karnataka, India, this hidden gem offers its guests a one-of-a-kind experience of wellness, while carrying forth the ancient Indian teachings of yoga, meditation and inward reflection into the lives of those who most need it.

With only a small quantity of guests allowed at any one time, guests' needs are the highest priority for the teachers, staff, and therapists at Shreyas. With its principle philosophy being "Athithi devo bhava", which translates to "a Guest is to be served as God", this belief translates into all guests being treated with a high level of respect, personal care and support.

During a retreat at Shreyas, you will be given the chance to nourish your mind, body and spirit through various classes, activities and wellness treatments. You will learn tools to use in your everyday life for when you return, and all of this is delivered to you in a comfortable and luxury setting, without having to abide to strict Ashram rules usually associated with the depth of these spiritual teachings.

Guests have the option to choose from several different packages, the most popular of which is the Shreyas signature Yoga Retreat. A special programme is the "Joy of Giving", for those who feel blessed with abundance and wish to share their love and time with the children of a local orphanage, or helping with gardening at the retreat itself. The weight-management package is highly beneficial for those who wish to lose some excess pounds after overindulgence in too much food, drink and high-paced lifestyles. In addition Shreyas offers culinary experiences, silent retreats and "Wellness for the Soul", which is a mix of the retreats most popular activities and treatments.

As the proud owner of the Rejuvenation Spa, which has been highly appraised as one of the finest spas in India and worldwide, guests are offered a comprehensive range of Ayurvedic therapies, massages, and organic scrubs and masks prepared fresh from the retreat's own organic garden. In addition Shreyas is the only member of the world renowned Relais & Chateaux group that adheres to being a strictly vegetarian retreat with no tolerance for smoking or alcohol on premises.

So what can one expect when visiting Shreyas retreat?

First and foremost, guests can join daily yoga sessions to rejuvenate and cleanse the body, as well as meditation sessions and other yogic practices to calm the mind. During their stay guests can choose from various spa treatments to rejuvenate the body and remove toxins, and are served organic vegetarian food to detoxify and heal. Furthermore, the environment and accommodation at Shreyas allow guests to benefit from the positive energy of nature. Guests can also join community service to experience the joy of giving and engage in discussions on yoga philosophy and scriptures. The daily vegetarian meals are of a high culinary standard and guaranteed to satisfy a wide variety of palates.

The lessons learned at this unique wellness retreat are life-long, and life-changing. A stay at Shreyas is highly recommended for those who wish to withdraw from the stressful nature of our modern day lives, and retreat into a place of silence and inner reflection, as well as quality yoga classes and an overall experience of luxury wellness.

Retreats at Shreyas can be booked through Kaya Peters, Yoga Teacher, Holistic Expert and Author: [www.kayapetersretreats.com](http://www.kayapetersretreats.com)

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**Author:** Kaya Peters

Kaya Peters is an internationally renowned Yoga teacher and Holistic expert. For the past decade she has been traveling the world extensively to train and study with some of the world's most well known experts in the field of Yoga, Nutrition and Holistic Teachings. Based in Dubai, UAE, Kaya runs a practice as a private and yoga therapy teacher, helping her clients overcome injuries and mental health issues. In addition Kaya teaches detox retreats and teacher trainings in some of the world's most prime wellness destinations. Kaya is a registered teacher with the International Yoga Alliance and holds numerous qualifications in the field of health and wellness. She has successfully worked with members of the Royal family, well known business people, athletes and people recovering from depression, anxiety attacks and auto-immune disease. Kaya is also a contributing writer for several magazines and blogs, like Awakenings Magazine Middle East and Mother, Baby and Child Magazine. More information on Kaya's classes and retreats: <http://www.privateyogaindubai.com>

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