



Relax And Rejuvenate At These 8 Wellness Retreats In Bangalore

By: Mayuri J Ravi on Apr 29th, 2016

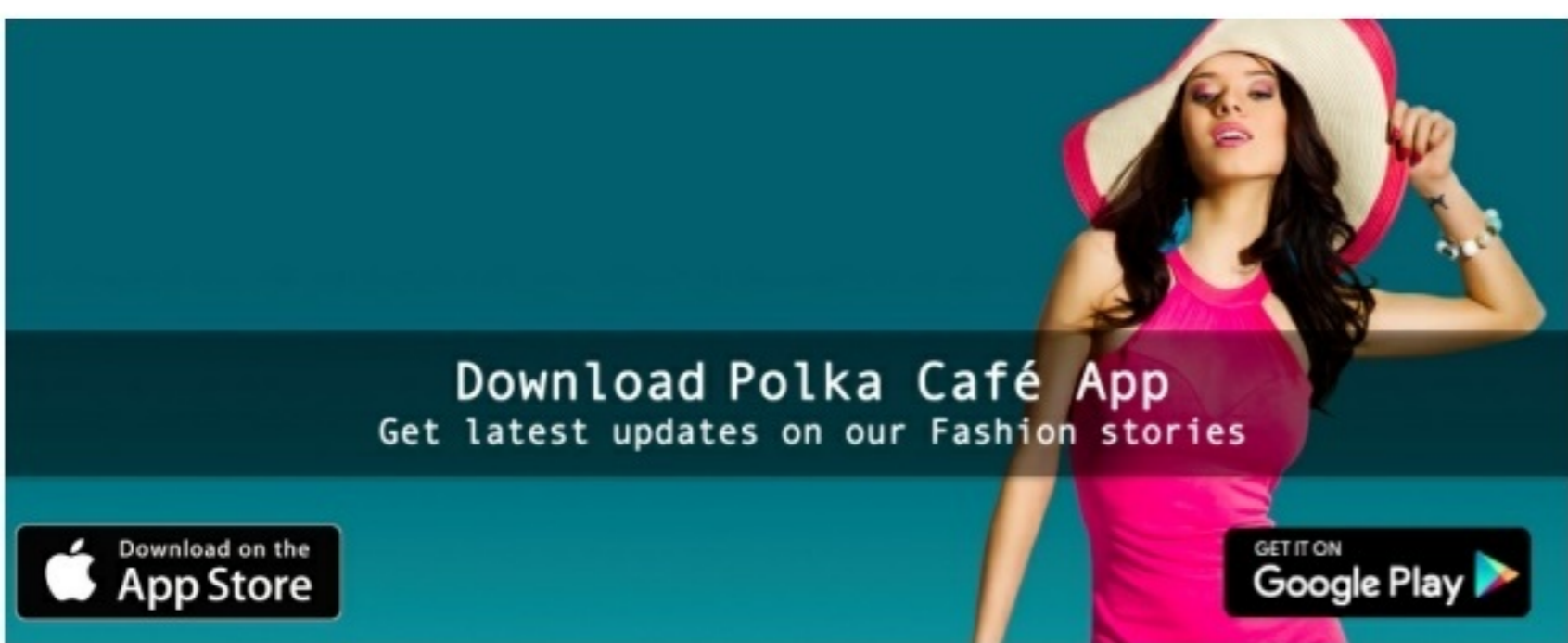
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When the pressure in our day-to-day job and stresses in our daily routine wear us out, the only thing that we look forward to is an escape from all of this to recharge ourselves on a relaxing vacation. Sometimes pampering ourselves in a spa may not be enough. And that's when you have to take a trip to a wellness retreat. They address a number of problems with specific programmes like detox, yoga sessions, Ayurvedic treatments, stress reduction and much more.

We have handpicked 8 wellness retreats in Bangalore that are sure to cater to your wellness needs.

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Shreyas Yoga Retreat



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Awarded as one of the finest yoga retreats around the world, Shreyas Yoga Retreat will take you through the journey of self-discovery. Located in the midst of greenery filled with herbs, fruits and exotic vegetables, the retreat provides you a perfect combination of yoga, rejuvenation and delicious cuisine. While they are known for their specific yoga retreats such as Ashtanga yoga retreat and Hatha yoga retreat, they also customise it according to your needs. They offer various other packages like Ayurveda rejuvenation, silent retreat, weight management, wellness for the soul, among others. When you return from this abode, you will be a different person. And that's for the good.

Try Out: Wellness for the Soul - There are two packages. One from April to September and the other from October to March. The package includes yoga, meditation and pranayama sessions, rejuvenating massages, cooking classes, community exercises and nature farming.

Where: Santoshima Farm, Gollahalli Gate, Nelamangala, Bangalore

For More Information: reservations@shreyasretreat.com, www.shreyasretreat.com, +91 9916117773

Also, look at these yoga retreats and getaways spread across India.

These luxury spas in India offer you treatments and services that are perfect for this summer.

So which of these places are you heading to? If there are other such wellness retreats that we have missed out, do tell us in the comments below.

Mayuri J Ravi
 A daydreamer, tea addict and nutella lover! She has studied Visual Communication and worked as a journalist. She loves to read, dance, and spends most of her time on Facebook. Besides writing, she is passionate about cooking, and dreams of running a restaurant someday. [Read more](#)

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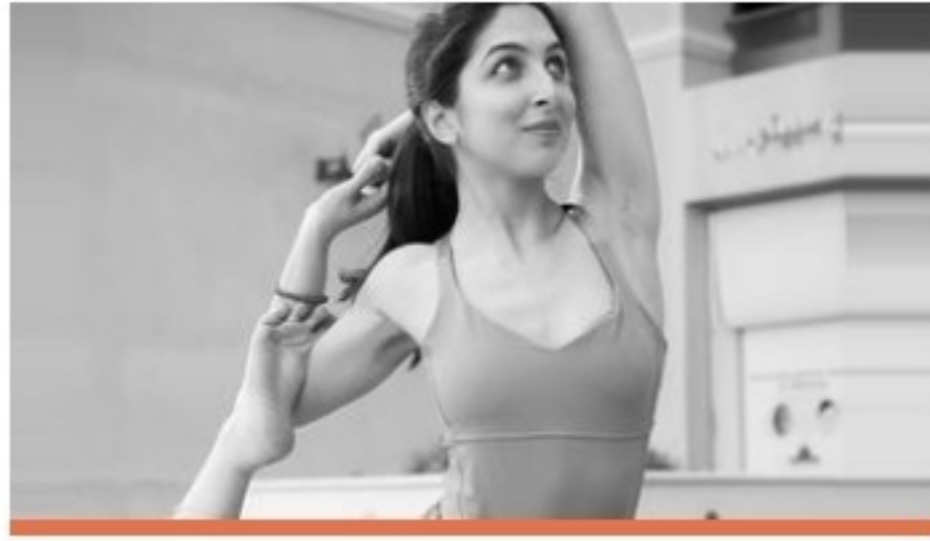
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