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HAUTE YOGA

It's all about healing in comfort as luxury Yoga resorts cash in on the global wellness boom, says Anupma Tripathi



A group Yoga session being conducted on the beach at the Ashiyana Yoga & Spa Village in Goa. And (below) the resort's stylish rooms

Sit back and imagine for a moment. You're at a luxury resort near the beach that has superlatively comfortable rooms, a pool and a state-of-the-art spa where you can attain new thresholds of relaxation. And on hand to help you get to into that ultra-relaxed mode is a brigade of Yoga instructors offering one-on-one sessions tailored to your needs.

Now cut to The Shreyas Yoga Retreat, a sprawling 25-acre spread about an hour from Bangalore airport. Shreyas is a member of Relais & Chateaux, a group of luxury hotels and restaurants worldwide. Here there's plenty of Yoga and other facilities that include private pools, an outdoor Jacuzzi and a jogging track to keep you fit in style. Then, supposing you want a bit of other kinds of relaxation, you can unwind in the library or head to the cricket nets which offer a bowling machine. "You name it, we've got it," says marketing and sales chief Nidhe Sood.



The Shreyas Yoga Retreat in Bangalore offers several different types of Yoga and (above) high levels of comfort in its luxury rooms



Shreyas, on the other hand, offers both long and short-duration packages from three nights to 14 nights. The package includes accommodation, a wellness consultation on arrival and three gourmet vegetarian meals daily. Besides that, there are two group Yoga classes lasting for two hours. The longer-duration package includes city incursions, round trip air-transfers, body care services, and even chances to take part in community services like farming and cooking.

For all those who love their spas and massages, these retreats offer a wide variety including Ayurvedic treatments and massages to spa and beauty therapies. For example, Shreyas offers a range of massages such as Balinese, Thai, Swedish, aromatherapy and a clutch of Ayurvedic massage treatments like Shirodhara, Udhwarthanam, Choorna Pinda Swedam, Abhyanga, and Virechnam. 'Facials and scrubs are also offered, all prepared freshly from natural ingredients that are largely from our organic farm,' says Sood.

The variety of Yoga treatments on offer at these resorts can be quite mind-boggling. Take the seven-day Silent Retreat at Shreyas designed to help guests suffering from ailments like insomnia, high blood pressure and stress. This package involves a daily Yoga nidra 'deep relaxation' session for an hour, four rejuvenating massages and two 60-minute Pranayama sessions.

Shreyas, offers Poolside Cottages with an infinity pool and Jacuzzi and Garden Tented Cottages with en-suite bathrooms opening into private walled courtyards. There are also three-bedroom cottages with spacious living rooms great for families and groups.

Shreyas, prepares customised menus for each of its guests. "This is after a detailed consultation with our in-house Ayurvedic or naturopathy doctors," says Sood.

"We aim to follow certain Ycic principles and so the emphasis is on low-calorie, low salt and low-fat offerings. Besides, we also take into consideration any allergies that one may have (such as gluten intolerance or lacto-intolerance) and make sure to accommodate all our guests dietary preferences."



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