

**“Yoga gives Mukti by destroying all the Sankalpas of all antecedent mental functions. When the Yogi attains the highest stage, all his Karmas are burnt and he gets liberation from Samsara-Chakra (the cycle of birth and death).”**  
Extract from Kundalini Yoga by Swami Sivananda

# reflections

## yoga, wellness & you!

*Shreyas, an Inner Challenges initiative, is a retreat for discerning guests to step away from the hectic demands of modern life and spend time in unwinding, reflection, rejuvenation and rediscovering the simple pleasures of life.*

*Spread over 25 acres of landscaped gardens, the architecture and interiors are a seamless confluence of traditional and the modern styles.*

### Guests' Comments...

Warm thanks to the very kind, attentive and dedicated staff of Shreyas;

I believe this excellent service distinguishes Shreyas, and made my stay a memorable one.

With kind regard,

**Marianne, Afghanistan (July 2010)**

It was a wonderful stay.

It was destined for me to come here.

I enjoyed every moment of it & loved it.

I will think of this place often – service, staff, food, facial, YOGA, everything was excellent.

Thank you. Namaste!

**Yuko, Hong Kong (July 2010)**

A little oasis of tranquility... Every detail is taken care of by outstanding staff. The perfect place to recharge your batteries, and get a healthy kick start...

**Julie Atwood, UK (July)**

It was good to see you again. The place is maintained exceptionally well. Every time I come here I get some very special kind of aspiration. Thanks a lot for making it possible. Hope to see you soon.

**Asher Sterkin, Israel (June 2010)**

Great escape to come here to relax and breathe fresh air and get pampered! Excellent food and attention; very nice atmosphere.

**Katrin & Rada, Delhi, India (July 2010)**

### The January 2011 Yoga Retreat at Shreyas

We are glad to inform you that Shreyas would host a Yoga retreat by **Katrina Repka** in January 2011. The details are furnished below. Shreyas recommends this retreat to anyone who wishes to start or delve deep into *Yoga* practice. The ambience at Shreyas would facilitate the same.

**Dates: 29 January - 6 February 2011**

Room	Two Sharing	Single Occ.
Cottage	£995	£1,295
Tented Suite	£1,295	£1,795
Poolside Suite	£1,295	£1,795

### A note on Katrina Repka

Yoga Master Katrina Repka has been studying and teaching Yoga since 1992. She has co-authored two books: *Chakra Yoga: Balancing Energy for Physical, Spiritual, and Mental Well-being*, and *Breathing Space: 12 Lessons for the Modern Woman*. She also writes for *Yoga Magazine* and has a weekly column in *Metro* newspapers worldwide.

Katrina has recently been featured in magazines and newspapers such as *Elle*, *Vogue*, *Tatler*, the *Guardian* and the *Telegraph*, and as a Yoga expert on BBC radio and television. She is also a board member of the Life Centre Teacher Training Programme and the head of ISHTA Teacher Trainings in Canada and Europe.

### Schedule for Katrina Repka's 8 night Yoga holiday:

There will be a twice daily practice. We'll serve tea, coffee, fresh juice and fruit from 08.00, followed by the morning Yoga practice from 09.00 to 11.00. Brunch will be served at 11.15 and tea and a snack at 14.30. The afternoon practice will be from 16.00 to 17.30, followed by dinner at 19.00. There will also be optional excursions to local places of interest during your stay.

**Prices include:** 8 nights en suite accommodation, all meals and snacks, water, all scheduled activities, local transfers to/from our recommended flight to Bangalore.

**Prices exclude:** flights, additional food/beverages, personal insurance, massages, guided hikes, laundry, excursions.

“Let the yogi eat moderately and abstemiously; otherwise, however clever, he cannot gain success.”

*Siva Samhita*

## Shreyas RECIPES

### CAULIFLOWER SOUP

Preparation and cooking time 30 minutes  
Serves 2



#### Ingredients

- 1 cup cauliflower florets
- ½ onion, finely chopped
- 1 celery stalk, chopped
- 1 leek, sliced
- 1 teaspoon olive oil
- 4 teacups vegetable stock
- ¼ teaspoon Tabasco sauce
- Salt and pepper to taste

#### For the garnish

- ¼ cup cauliflower florets, blanched
- 1 tablespoon celery, chopped

#### Method

- Heat oil; add garlic, onions and leeks
- Sauté until translucent
- Now add the cauliflower florets and celery
- Sauté for a couple of minutes; add rest of the ingredients. Cover and cook until done
- Cool and blend to make a smooth puree
- Reheat, adjust the consistency and seasoning
- Garnish with cauliflower florets and celery
- Serve immediately

## Nature!

Tradition says that each herb / plant / tree in the nature has curative powers. In this series, we would take you through some of these wonderful creations of Nature and the method to harness the benefits.

### HERBS grown at SHREYAS

#### Fennel

- Powerful antioxidants which fight free radicals
- Provide relief from digestive disorders
- Seeds of fennel helps in overcoming gas, cramps, acid, indigestion and other digestive tract maladies
- Alleviate symptoms of asthma and whooping cough
- Relief from swelling and joint pains.
- Grounded powder of fennel treat insomnia and diarrhea
- Supplies essential enzymes and fatty acids
- Facilitates digestion and normalize metabolism

## Importance of Food

### Does purity of food lead to purity of mind?

Yes, purity of food leads to purity of mind. Take a dose of champagne and sit for meditation. Take a dose of orange-juice and sit for meditation. You will know the difference. Different foods exercise different influences on different compartments in the brain. By taking champagne, meat and garlic, the mind will be confused and will become restless when you sit for meditation. By taking milk and fruits, you will get good concentration. Our Rishis lived on fruits and milk.

The *Chhandogya Upanishad* says, "Pure food leads to purity of mind and then one attains *Moksha*". You should have dietetic discipline.

From "May I answer that?" by Swami Sivananda

## Planning of diet

Weight Management program, of which the diet is an important component, should always be planned under professional guidance. Start with a comprehensive health check up to understand your medical conditions and suitability for undertaking such a program. As a general rule, 'strict' dieting should be avoided by youngsters (till the age of 15) and elderly (50 years and above)

Trying to eliminate fat from the diet completely is unhealthy because it's a vital, life giving nutrient. Fat will not create extra fat in our body unless you take in more calories than you use. You can cut down saturated fat and include the essential fatty acids.

Try to strictly follow the diet pattern and it should include:

- Provision to have less portion in more intervals this raise the metabolic rate
- Have more water. Whenever hungry have soup, raw vegetable / fruit salad or sprouts
- Have plant foods and proteins more which have more fiber that give a feeling of fullness
- Food should be rich in antioxidants, boost immunity and energy
- Emphasis more on fresh, raw or lightly cooked fruits and vegetable, wholegrain carbohydrates and protein that have high fat burning properties
- Try to include negative calorie food

For better results, weight management through diet should be an ongoing process and be an integral part of one's lifestyle. This should be supplemented with holistic practices of Yogasana, Pranayama, Meditation etc., under professional guidance.

By Dr. OP Soumya, Naturopath & Wellness Consultant, Shreyas

Sage Uddalaka instructs to his son Svetaketu: "Food when consumed, becomes threefold. The gross particles become the excrement, the middling ones flesh, and the fine ones the mind. My child, when curd is churned, its fine particles which rise upwards form butter. Thus, my child, when food is consumed, the fine particles which rise upwards form the mind. Hence, verily, the mind is food".

*Brihadaranyaka Upanishad*

<http://www.shreyasretreat.com>