

**DAYA** (“sympathy”)  
*The Yoga-Yajnavalkya defines it as graciousness (anugraha) at all times towards all beings, in mind, speech, and action.*  
 From the works of Georg Feuerstein

# 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...

Shreyas Retreat is a truly unique concept to my mind in India. It is situated in an environment far away from city, thus creating forest-like ambience. The stay here has been a very peaceful, spiritually uplifting, nature-connecting and body-energizing experience. I and my wife would carry this experience with us and share it with our son, daughter and daughter-in-law through pictures and word-description. I do not think the experience can be shared as one needs to experience it.

When we entered the premises we were unsure of our choice as we did not know how we are going to pass our time. All we can say how is that it passed away naturally and de-stressed our 'bodies.' Let us hope we will be able to come back soon.

**Gopal Agarwal, India** (June 2010)

It is a wonderful and peaceful place. We spent a nice time. Thanks a lot...We really appreciated the helpful employees.

**Stephanie Aballea, India** (June 2010)

I stayed here for 21 days in a weight management package. I have reduced 13 inches and I am very happy about that. Shreyas have put me in the right way to start loosing and keeping my health in good shape. Every one was so helpful, nice and considerate.

Thank you management and staff.

**Dana Althani, Qatar** (June 2010)



### Weight Management special!

Continuing with effort to promote harmonious weight management, our in-house naturopath Dr. Soumya presents a glimpse on how to achieve it through diet. It forms the rest of this editorial. Here we go...

“When we cut down your intake of fat and carbohydrates to the extent that your calorie requirements are not met, the body utilizes its own surplus fat as a source of energy. It becomes, in-fact a fat burning machine. If fat is not completely burned, it leads to the production of waste products called ketones which is to be washed out through urine. Therefore increased water intake is recommended to assist the proper functioning of kidneys. A few methods that accelerate fat burning are

1. **Basic Metabolic Rate:** Protein increases BMR by creating heat and burning many more calories than carbohydrates or fat. Having less portion in more intervals raise the metabolic rate
2. **Negative Calorie Food:** Eating ‘negative calorie food<sup>1</sup>’ is said to reduce weight by an average of 0.5 kg a day. So it is recommended in whichever quantity required.
3. **High Protein & Low Glycemic Index (GI):** One can take high protein and low GI carbohydrate foods
4. **Proper Exercise:** One should also increase the consumption of oxygen in form of dynamics (Yogasana, Aerobics, Gym, Cycling etc.,) or breathing exercises.”

(To be continued in August 2010 issue...)

“Unhealthy diet should not be taken, that which is reheated after becoming cold, which is dry (devoid of natural oil), which is excessively salty or acidic, stale or has too many (mixed) vegetables.”

*Hatha Yoga Pradipika (I.60)*

## Shreyas RECIPES

*Food was perfect...*  
Corrine Cavalline (France)



### CARROT SOUP

Preparation and cooking time 20 minutes  
Serves 2

#### Ingredients

- 1 cup carrot, roughly chopped
- 2 tablespoons onion
- 3 cloves garlic
- 2-3 button mushrooms, sliced
- 2 stalks of celery, chopped
- 1 sprig of thyme
- 1 teaspoon olive oil
- 6 cups vegetable stock/water
- ¼ teaspoon of Tabasco sauce
- Salt and pepper, to taste

#### Method

- Heat oil; add garlic, onion; sauté until little brown in colour
- Add mushrooms, carrot and celery; sauté again 2-3 minutes; now add the vegetable stock and thyme; cover until carrots are cooked.
- Cool; blend the cooled mixture to make a smooth puree; reheat the puree; add water if need be
- Serve hot with warm bread

**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 u soon.**  
Asher Sterkin, Israel

## HERBS grown at SHREYAS

### Mint

- Soothes the digestive system by reducing the severity and the length of stomach pain
- Eases the discomfort associated with irritable bowel syndrome
- Slows the growth of many harmful bacteria and fungi
- Good herb to counter conditions like asthma and allergies

## 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.

### Weight Management

As a continuation from the past issue, we would introduce a range of herbs, recipes and other methods that aid in Weight Management. The conclusive section on Kokum along with a recipe is given here.



### Kokum (*Garcinia indica*)

#### Medicinal Properties and Application

- Kokum fruits contain rich amounts of anti-oxidants that bind with free radicals and prevent oxidative damage to body cells because of which they promote cell regeneration and repair.
- Kokum juice is especially popular during summer months because of its cooling effect on the body. It also helps in bringing down fever and allergic reactions.
- Kokum butter works wonders on dry, chapped, sensitive, irritated or burnt skin. .
- Kokum butter can be used as edible since its rich in healthy fats like stearic and oleic acids. It can be used to relieve gastric problems like acidity, flatulence, constipation and indigestion.
- Ayurveda uses Kokum infusions to treat piles, dysentery and infections.
- Kokum is known to strengthen the cardio-vascular system and stabilize liver function. The hydroxycitric acid present in the fruit fights cholesterol and curbs lipogenesis, thus aiding weight loss.

#### KOKUM AMLA SHARBAT

#### Ingredients

- 2 Tablespoon Kokum syrup
- 1 Teaspoon Gooseberry (Amla) syrup
- 1 pinch Rock salt (*Kala namak*)
- 2 Teaspoon Sweet Basil (*Sabja*) seeds, soaked
- Lime, ¼ piece
- Fresh mint leaves finely cut
- 1 ½ Large glass water
- 1 pinch *Jaljeera* powder (available at Indian Spice stores)

#### Method

Soak the sabja seeds overnight. Drain water. Mix kokum syrup, amla syrup, kala namak, lime juice and stir well. Add the sabja seeds and jalajeera powder. Stir in further. Top the drink with mint leaves either crushed or finely cut.

#### Compiled by

Dr. OP Soumya BNYS, Naturopath & Wellness Consultant,  
Shreyas Retreat

"Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy."

*Izaak Walton*