

CIN-MUDRA ("seal of awareness"; for euphony *cin* is here altered to *cin*), one of the hand gestures (*mudra*) used in conjunction with certain postures (*asana*) or in sacred rituals. It is performed by bringing thumb and index finger together, while the remaining fingers are kept extended. *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...

Dear Shreyas

What can I say!! It has been a delightful experience for me and my husband. We have been pampered for the last 14 days and been treated like ROYALTY. The staff are absolutely amazing and care about your needs. This visit has been very educational for both of us as it has opened our eyes!! Yoga and diet is the key to sustain a well balanced life.

I would like to thank the staff, management and everyone else who has been very informative.

I look forward to seeing you again very soon.

Lisa & Bob, UK (June 2010)

We have never spent a better 2 ½ days any where...
Tranquility, Exclusive, Beautiful Architecture!
A magnificent staff who live up to the excellence of your name.

Fabulous food, that nourishes your body, is beautiful to the eye and wonderfully served.

Very good treatments @ the Spa, delectable pool – perfect to refresh yourself in the afternoon.

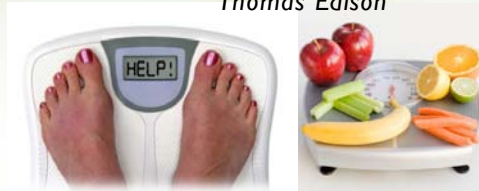
For sure we don't want to leave but we will look forward to returning to deepen our Yoga practice with your amazing teachers.

With love and blessings to you all

Linda & Neill Brownstein, India / USA (May 2010)

The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.

Thomas Edison



Weight Management

"Healthy Body, Tranquil Mind" is the theme of Weight Management programs at Shreyas. The goal of *Yoga* is to lead us to a state of balance, with-in and with-out as well as at both physical and mental levels. The entire gamut of *Yoga* processes (*Asanas, Pranayama* etc.) is designed to equip us in proactively deal with the various stresses of daily life with proper understanding and equanimity. In the process, they help us to develop a fit and healthy body along with a vigilant and stable mind. At Shreyas, through the various packages, we strive to provide the same to our guests.

Weight Loss Packages at Shreyas include 14-night and 21-night programs where one can reduce 7-8 pounds and 10-12 pounds respectively in a healthy manner, which can be maintained in the long run, and consist of actual fat loss along with an increase in muscle mass and metabolic rate. We achieve this by a combination of:

- Customized low-calorie, balanced diet based on scientific indices such as BMI, Broca's Index etc
- A set of time tested traditional Ayurvedic treatments that mobilize fat loss,
- Yoga practices that include Asana, Pranayama, Kriyas, Yoga Nidra & Meditation
- Aerobic activities like brisk walks, swimming and gymnasium workouts.

On your arrival, as always, each package is customized based on your body type, dietary habits as well as your personal goal(s).

Write to us at support@shreyasretreat.com

And when you crush an apple with your teeth, say to it in your heart,
"Your seeds shall live in my body, and the buds of your tomorrow shall blossom in my heart,
And your fragrance shall be my breath, and together we shall rejoice through all the seasons."

On Eating & Drinking by *Khalil Gibran*

Shreyas RECIPES

...It has been a very great experience to me! The food is so good we always look forward to every meal. I have learnt about a lot of herbs & plants... **Mimi Wong, HK** (June 2010)



Cottage Cheese Tikka

Ingredients

- 200 gm Cottage Cheese / Tofu, cubed
- 4 - 5 Garlic Cloves
- 1 Green Chilly, finely chopped
- ¼ cup Coriander and Mint leaves
- 1 tsp Mustard Oil
- Salt to taste

Method

- Blend Green Chilly, Garlic, Mint and Coriander leaves for the marinade
- Add the Mustard Oil
- Marinate the Cottage Cheese cubes in the prepared marinade for 15 minutes
- Grill the Cottage Cheese both sides
- Serve hot with Mint dip and Onion rings



Swami Sivananda on Health

“Health is that state in which a man sleeps well, digests his food well, is quite at ease, is free from any kind of disease or uneasiness. When you are in a state of perfect health all the organs, viz., heart, lungs, brain, kidneys, liver, intestines, work in perfect harmony and concord and discharge their functions satisfactorily. The pulse rate and the rate of respiration are in perfect order. The bodily temperature is normal. A healthy man smiles and laughs. He is cheerful and happy. He discharges his daily duties with ease and comfort. A healthy man is capable of doing work for a long time without getting fatigued. His bowels move very freely every day. He possesses the highest kind of mental and physical efficiency.”

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.



Kokum (*Garcinia indica*)

Weight Management

One of the major gifts of the new-age life style is obesity. For the next 3 issues of ‘*reflections*’ we would introduce a range of herbs, recipes and other methods that aid in Weight Management.

Introduction

A purple berry native to India mainly found in Western Ghats and Konkan regions. It's widely used in refreshing drinks and coastal curries that are rich in citric acid, acetic acid, malic acid, ascorbic acid, hydroxycitric acid (HCA) and garcinol.

Availability and Use

Dried Kokum is soaked in hot water for a few hours to extract the juice which may be mixed with spices and consumed directly.

Alternatively, you could add a few dried pieces to curries and gravies as a substitute for other souring agents like tamarind, vinegar and lemon juice.

How it works (a non-technical presentation!)

Hydroxycitric Acid (HCA), the active ingredient in kokum promotes weight loss. The enzymes present in our body convert excess calories from food into fat but HCA binds with this enzyme to make it ineffective. Besides thwarting the production of fat, this action causes excess calories to be converted into glycogen which is stored in skeletal muscles and the liver. When glycogen levels rise in the body, glucoreceptors in the liver are stimulated. These receptors send signals to the brain which act to suppress appetite. In the meantime, as stored fat is burned by the body's normal metabolic processes, it is not replaced. This combined effect of fat depletion, inhibited fat storage, and reduced food consumption makes kokum extract a potent weight loss agent.

(to be continued...)

Compiled by Dr. OP Soumya BNYS
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Shreyas Retreat

Would that you could live on the fragrance of the earth, and like an air plant be sustained by the light. But since you must kill to eat, and rob the newly born of its mother's milk to quench your thirst, let it then be an act of worship. And let your board stand an altar on which the pure and the innocent of forest and plain are sacrificed for that which is purer and still more innocent in man.

On Eating & Drinking by *Khalil Gibran*

<http://www.shreyasretreat.com/WL.htm>