



A journey of self-discovery

*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.*



#### **Extract from Guests' comments**

*This is my third stay at Shreyas, and hopefully not my last! It is always a treat to come back to this enclave of place. Every time, I feel that I understand the philosophy behind the place a little bit more and my only wish is that, one day, I shall be able to bring some of this teaching with me, back home. Thanks to all for making my stays always so special.*  
Marie-Francoise Morelli (UK) April 2008

*We came to Shreyas hoping to leave the hectic city life back for the weekend. We had heard of how peaceful and rejuvenating this place. When we arrived we got what we had hoped for and heard of and much more... This place truly puts one back in touch with ourselves and the warm and attentive staff help greatly in soothing ones nerves. Thank you for making such a great place.*  
Mangesh / Madhavi Sathé (India) April 2008

*I very much appreciate the guided sessions and generosity of time given to me by all members of the Shreyas family Namaste!*

Ms. Natalie Francis (Oman) April 2008

## **Yoga**

*a journey of Self-discovery*

If we analyze life carefully, what we want in our life is not achievements, possessions or the absence of what we consider painful, but a sense of satisfaction and completeness, a sense of pleased self within us. This is the crux of the broad sweeping statement that the Yoga Scriptures make – that wealth is not dear to us for the sake of wealth but for the sake of the pleased self; that the spouse is not dear to us for the sake of the spouse but for the sake of the pleased self; that a child is not dear to us for the sake of the child but for the sake of the pleased self; that in fact everything is dear to us not for its own sake but for the sake of our own pleased self.

Even though our life is driven by the desire to satisfy our Inner self, where we go wrong is that we mistake a shallow and transient experience of pleasure as a substitute for true and lasting self-fulfillment. We convince ourselves that happiness lies in a material possession only to realize that pleasure derived from a physical possession is transient, that cloaked in our desire for our loved ones is a feeling of anger and disappointment, that whatever object, person or event gives us pleasure today contains within it the capacity to give us pain tomorrow.

Whatever is our motivation in performing any action (in Sanskrit "Karma"); the fact remains that all actions are expected to lead to an experience of a pleased self. So with inputs from Yoga, and after being convinced of the truth of this statement from our own experiences, we can stop concentrating purely on external matters (possessions, relationships, hobbies) for our happiness and begin to look at our true nature for our happiness, for the self

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## **New at Shreyas**

**Machans at our organic herb and vegetable gardens:** We have added to *Machans* (wooden structures on stilts). *Machans* have been extremely popular with our guests, who have enjoyed the sweeping views of the agricultural gardens and have been using this space to relax, read a book of choice and have their occasional outdoor luncheons here. These are perfect for daily sacred chanting and meditation sessions.

**Weight Management:** We have introduced customized weight management packages which promote healthy and sustainable weight loss, by suggesting healthy lifestyle changes based on each individual guest's health profiles. The package includes specific yoga postures that aid toning and metabolism, ayurvedic treatments that help eliminate toxins and mobilize adipose tissue deposits. All meals comprise of a nutritional low calorie diet that caters to individual requirements. In addition to the above, naturopathy and ayurvedic inputs are provided by our naturopath doctor.

**Outdoors / By the Poolside:** A new selection of outdoor furniture in Rattan & Balinese style has been added to enhance the comfort for our guests and provide them more areas to sit in the lush surroundings as they enjoy a moment of solitude. Guests can enjoy a selection of freshly brewed herbal teas or Shreyas signature juices as they watch the sun set in the distance.

**The Spa:** To our list of freshly prepared body scrubs and masks, we have added rejuvenating and soothing treatments made of organically grown citrus fruits, aloe vera, rose petals and dry fruits like almonds. We have introduced a range of time-tested traditional *Ayurvedic* treatments to the spa menu.

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seems to be the locus of our true happiness.

Our desires and the objects that apparently bring us happiness (or unhappiness) are infinitely varied and numerous. Yoga brings in some order and facilitates our task by pointing out that all our desires fall into one of three basic categories. These are the urge to live, the urge to know and the urge to be happy.

A large number of our desires and attendant actions are propelled by the basic urge to protect and prolong life. To want to live is a natural instinct in all living organisms, and humans are no exceptions. We take vitamin pills, wear seat belts, work out, eat sensibly, store food, build shelters, eradicate germs, predict weather patterns, and so on. From the first gasping breath and suckling action of a newborn to the last gasping breath at death, the struggle first and foremost is to live.

When we are capable of looking after ourselves and are in reasonably good health, we tend to forget the strength of our need to be alive. However, if the prospect of death makes a small gesture (either in form of illness or some impending danger) then a host of other matters suddenly seem trivial and drop off from our shoulders!

Nobody wants to die; everyone wants to live for one more decade, or for one more year or one more day or one more hour. *In the case of suicide or choosing euthanasia, the urge to live never disappears but is overpowered by the equally fundamental urge to be happy. Death is welcomed by a few people when they have absolutely no hope of happiness; give them back their happiness and death will be rejected.*

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*The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquility.*

Swami Sivananda

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**Pawan**

(... to be continued)

## Tree Pose (Vrkshasana)



Picture 1:  
Tadasana



Picture 2:  
Vrkshasana

### Moving into the pose

- Stand in *Tadasana*. As you inhale, focus on the ground and your connection to it. Exhale. Inhaling shift weight to your right leg & lift your left leg up and place the left foot firmly on the inside of the right leg. With every inhalation stand strong on your right leg – balanced and grounded.
- Keep the lower back lengthened as you open your left knee out to the side.
- Turn your palms outward. Inhaling, raise the arms (out to the side) up overhead. Shoulders move back and down from the ears as the inner arms extend up, with palms facing each other or join your palms. (See Picture 2)

### Holding the pose

- With every inhalation be aware of your balance. With each exhalation, extend your spine upwards.
- Keep your palms together or apart but keep the arms straight & your head between the arms.

### Important Actions

- Tailbone moves down, lengthening the lower back.
- Spine and rib cage lift up.
- Hips are pushed forward, as knee opens out.
- Neck is held long with shoulders down.

### Completing the pose

With the full awareness, exhale and simultaneously bring your arms and your left leg down, returning to *Tadasana*. Become aware of the changes if any. Now repeat on the other side.

### Benefits

- This posture is good for improving concentration and sense of balance
- It strengthens the ankles, knees and the thighs.
- It helps in exercising the lungs.

### Precautions

Avoid if suffering from backache and knee pain.

### Beginner's Tip

If your raised foot tends to slide down the inner standing thigh, put a folded sticky mat between the raised-foot sole and the standing inner thigh.

### Preparatory Poses

*Baddha Konasana, Utthita Trikonasana and Virabhadrasana II*

### Follow-Up Poses

Standing poses

### To deepen the Pose

As with *Tadasana*, you can challenge your balance by practicing this pose with your eyes closed. Learn to balance without any reference to the outer environment.

### New at Shreyas

**Takeaways:** A guided audio book on chanting, meditation and yoga nidra in a digital medium is now available for guests who wish to pursue and deepen their practice of the procedures taught at Shreyas. This is now available in addition to our personalized Yoga manuals. A selection of signature body scrubs and masks prepared by us are also available as takeaways.

**Food at Shreyas:** An additional range of delectable light and low calorie recipes has been added to our extensive gourmet menu, which is also available in personalized cooking sessions for guests.

**Gardening lessons:** We have added sessions on 'growing herbs organically for daily home needs' for our guests.