

FEMINA

shreyas



Wellness retreats in India you should escape to

Shreyas Yoga Retreat, Bangalore: Set on the outskirts of Bangalore, the Shreyas Yoga Retreat is a luxurious setup with cottages and villas surrounded by beautiful green landscapes. It offers guests teachings of Hatha and Ashtanga yoga, along with pranayama and yoga Nidra (deep relaxation), which help in the journey of self-discovery.