



SENSEX 26041.87

NIFTY 7763.10

US\$ ₹s.60.14

GOLD ₹s.27804

GO

50.64 ▲

0.19%

14.40 ▲

0.19%

-0.01 ▼

-86 ▼

-0.31%

GO










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## Finding Nirvana

Trying to walk the work-life tightrope in the midst of your busy routine? Take some time out to check our list of some of India's holistic wellness retreats.

Anushree Basu-Bhalla

Edition: July 21, 2013

**TAGS:** Wellness | stress | Travel


Shreyas Yoga Retreat, Bangalore

### YOGA AND SPA TREATMENTS

#### Shreyas Yoga Retreat, Bangalore

Shreyas is arguably the only retreat in India that is dedicated to the spiritual tradition of yoga, combined with minimalist and meditative luxury. One of the most exclusive, sought-after and upscale resorts in the world dedicated to Indian mysticism and wellness, Shreyas has been listed in the 2011 Relais & Châteaux Guide. The retreat offers a variety of meditation classes, daily yoga, chanting sessions and ayurvedic spa therapies. Spread across 25 acres of verdant estate, the space includes cottages, organic garden, infinity swimming pools, an amphitheatre, a yoga pavilion and lush outdoor spaces. A veritable therapy here is the Shreyas signature facial: a four-step treatment that cleanses, purifies, exfoliates, tones and tightens the skin. A rich concoction of honey, milk and curd is used to cleanse, strawberries to exfoliate and essential oils to nourish the skin. A freshly prepared organic scrub and mask helps drain toxins, and improves circulation.

#### Getting There

Located 43 km (an hour's drive) from Bangalore Airport

#### Bookings

There are 14 exclusive rooms, three en-suite poolside cottages, eight tented rooms and a three-bedroom garden cottage. The rates for the resort start at Rs 12,000 a night. You can also opt for long-stay programmes such as Wellness For The Soul at a price tag of Rs 2.96 lakh (approx), per person for 14 days. To make reservations, log on to [shreyasretreat.com](http://shreyasretreat.com).

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