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Silver

Oil

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concerns analysts

Narendra Modi feels the heat from credit

agencies, markets

Budget looks to boost

Except new IITs, IIMs, the Budget does not spend on cheaper, offer much Indian products



thinks about Budget

How the govt prepares its Union Budget





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Finding Nirvana

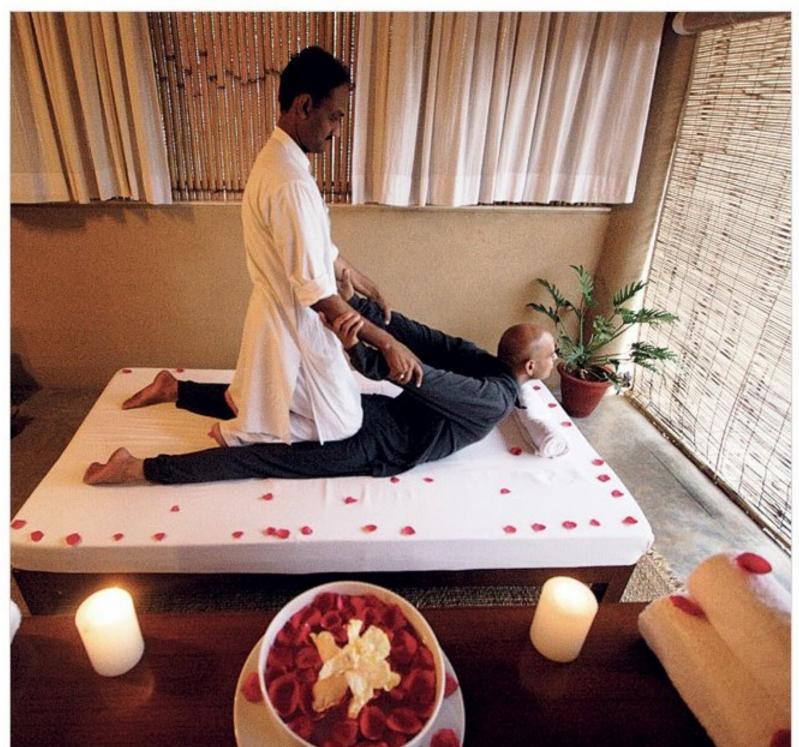
Losers

Gainers

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 & Ch¢teaux 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 singature 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 threebedroom garden cottage. The rates for the resort start at Rs 12,000 a night. You can also opt for longstay 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.

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