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**scapes
promotion >**

Fresh organic food, plush cottages, revitalising massages.... Shreyas Retreat near Bengaluru offers ample opportunities to relax and indulge in a little bit of play

Nestled in the quiet countryside, barely 50 minutes away from Bengaluru's airport, is a haven called Shreyas – a retreat where you can meditate, relax and unwind; one that is a treat for yoga enthusiasts.

As we step out of the car, we experience a Zen-like calm in the fresh air.

We are given a choice of tents or cottages for our stay and timidly opt for the obvious comforts of the cottage, but for the more adventurous, I would recommend the tent. And with only 25 guests accommodated at one time, you can be assured that you enjoy complete privacy and personal attention.

A walk around the 25-acre property, with our guide, is next on our schedule. Beautiful artifacts have been aesthetically placed on the landscape. We walk to the farm where

organically grown cereals, vegetables, spices and fruits are the order of the day. They are an important part of the philosophy of Shreyas – guests are served all that is homegrown and handpicked.

For those with a yen for a customised programme, health concerns are discussed and a personal programme chalked out. Yoga forms an important part of it all – it is a regimen meant for everyone, no matter what age, religion or state of health you are in. Incidentally, Shreyas is owned by the London-based couple Pawan Malik, and his wife, Leesha Captain, who has designed its tasteful interiors. Malik discovered the meaning of life through yoga and this retreat is his way of sharing the philosophy with the world.

Options to relax? You can choose from over 300 movies in the state-of-the-art home theatre.

And workaholics need not despair for internet facilities in every cottage enable you to connect with your everyday business. An amphitheatre with performances on festivals and important days, an adequately equipped gymnasium are to be expected, but a cricket net practice area for cricket enthusiasts is the surprise element of Shreyas.

We revel in the variety of massages on store – Balinese, Thai, Swedish, Ayurvedic and Aromatherapy. A dip in the pool is the perfect finale to a satisfying day that culminates in a candle-lit dinner. The tables around the pool are beautifully reflected in the flickering lights...flower petals are scattered over the pristine white tablecloth. Sumptuous courses follow, each a delight to the taste buds. **Y**

— PRIYANKA SIPPY



OF YOGA, MEDITATION AND CRICKET!

