

### 5 REASONS TO GO TO SHREYAS YOGA RETREAT

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I am writing to you from heaven. Thats right.

HEAVEN ON EARTH. I've found it at Shreyas Retreat!!! And incase you are wondering why I am writing this blog post on a retreat, its a working retreat. I've come to think about the future of my talk show "Conversations with Namu Kini", and there is no better place for me to do this. I've barely been here 24 hours, and I can think of hundreds of reasons that you should experience what I am... BUT, I am on a retreat, so I'm only going to share the first 5 that come to me so I can get back to ...er....retreating

1. **Yoga.** Yoga has been part of my life for the past 25 years. Although I believe that yoga should be incorporated into your daily life and routine. Being in nature is the best way to renew your relationship with the practice. Om! I enjoyed a beautiful Hatha yoga session and chanting sound meditation in a thatched roofed hut. Talk about yoga with a view!



2. **Organic farming:** Shreyas organically grows their own produce. Farm to table. How beautiful is that? I was inspired while walking around their organic garden. I'm sitting on the lounge chair in the picture below sipping on rosemary tea! Look at that beautiful custard apple and saunf trees. And thats Bala (the meditation instructor) in the bottom right picture – he took me on a tour.



3. **Low Carbon Footprint:** Well, almost zero carbon footprint. This is something I've been thinking a lot about lately – Corporate Karma – if your business is raking in the big bucks while polluting the planet, there is something seriously wrong with your business model!! I really appreciate the zero plastic environment at Shreyas...I've practically thrown nothing into the trash. My room has purified water in flasks, and toiletries in reusable containers. Noted and appreciated! This is keeping my stay guilt free too.



4. **Gourmet Food:** Apart from just organic farming, I'm loving the creativity in the preparation and presentation. My table greets with with flowers. Every meal in a new location. Food made with love! Ate smoked tomato soup, peanut stuffed zucchini, mushroom tofu crepes and a multigrain carrot cake for dinner. Who new I'd enjoy eating by myself so much?



5. **Its just an hour from Bangalore!** But feels like a world away. Drove here myself and "Rally Rani" that I am, I managed a speeding ticket en route. Ok I get it the Universe is telling me to slowwwwwww downwwwwww I had to stop and wait for the cows to pass, and I asked myself, are they in my way, or am I in theirs?? So much to think about!!!



### MEET NAMU



Namu Kini is the face, brain and energy behind Conversations with Namu Kini. She's smart, she's witty, she's an entrepreneur in her own right and a self confessed lover of people. Her love for life and her relentless pursuit of empowering Indian women have made her who she is today. Namu believes that every woman has an inspiring story to share, and by giving them a forum to engage with one another, women in India and beyond can establish deep connections, and ultimately self confidence and fortitude.

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