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# Self Discovery in India

- EcoResorts & Hotels
- Health & Wellness
- Volunteering Abroad
- Cultural & Culinary
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## Self Discovery in India



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### WHY WE LOVE IT

Shreyas is dedicated to promoting the authentic spiritual tradition of Yoga in a holistic manner and is recognized as one of the finest Yoga retreats in the world. What makes Shreyas unique is that, whilst Yoga is taught in traditional ashram style (daily yoga, meditation sessions, chanting classes, a strict vegetarian, no alcohol policy and community service), their guests live in a luxurious environment normally associated with a star hotel. They enable their guests to integrate the 'manifold facets' and benefits of Yoga into their daily lives without the austerity and rigor usually associated with ashrams. They give their guests a private, tranquil haven to pamper, nourish, detoxify and recharge themselves; and if they have the desire, to provide a spiritual path of self-discovery.

### Search by Keyword

Enter terms such as "Yoga" or "Italy"

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### Find Your Holiday

By Destination

By Purpose

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Highlights include:

- 12 rooms of accommodation offered, ranging from luxury tented cottages to 3 bedroom cottages
- Yoga Sessions to rejuvenate and cleanse the body
- Meditation sessions and other yogic practices to calm the mind
- Comprehensive Ayurvedic spa treatments to rejuvenate the body and remove toxins
- Nourishing, organic vegetarian food to detoxify and heal the body
- An environment and accommodations, which allow the guest to benefit from the positive energy of nature
- Community service to experience the joy of giving
- Discussions on yoga philosophy and scriptures
- Infinity Pool, jacuzzi and steam room

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Name (required)

Arrival/Start Date (required)



Length of intended stay (required)

Size of your group (required)

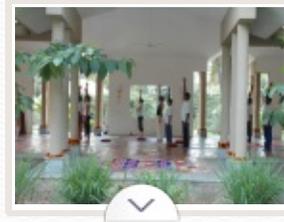
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Your Departure City (required)

Question/Comment



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### Health & Wellness

Fitness trips, Wellness Holidays, Yoga Retreats



### Volunteering Abroad

Community Development, Wildlife Conservation



### Cultural & Culinary

Foodie Holidays, Cooking Tutorials, Culinary Adventures



### Expeditions & Tours

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