

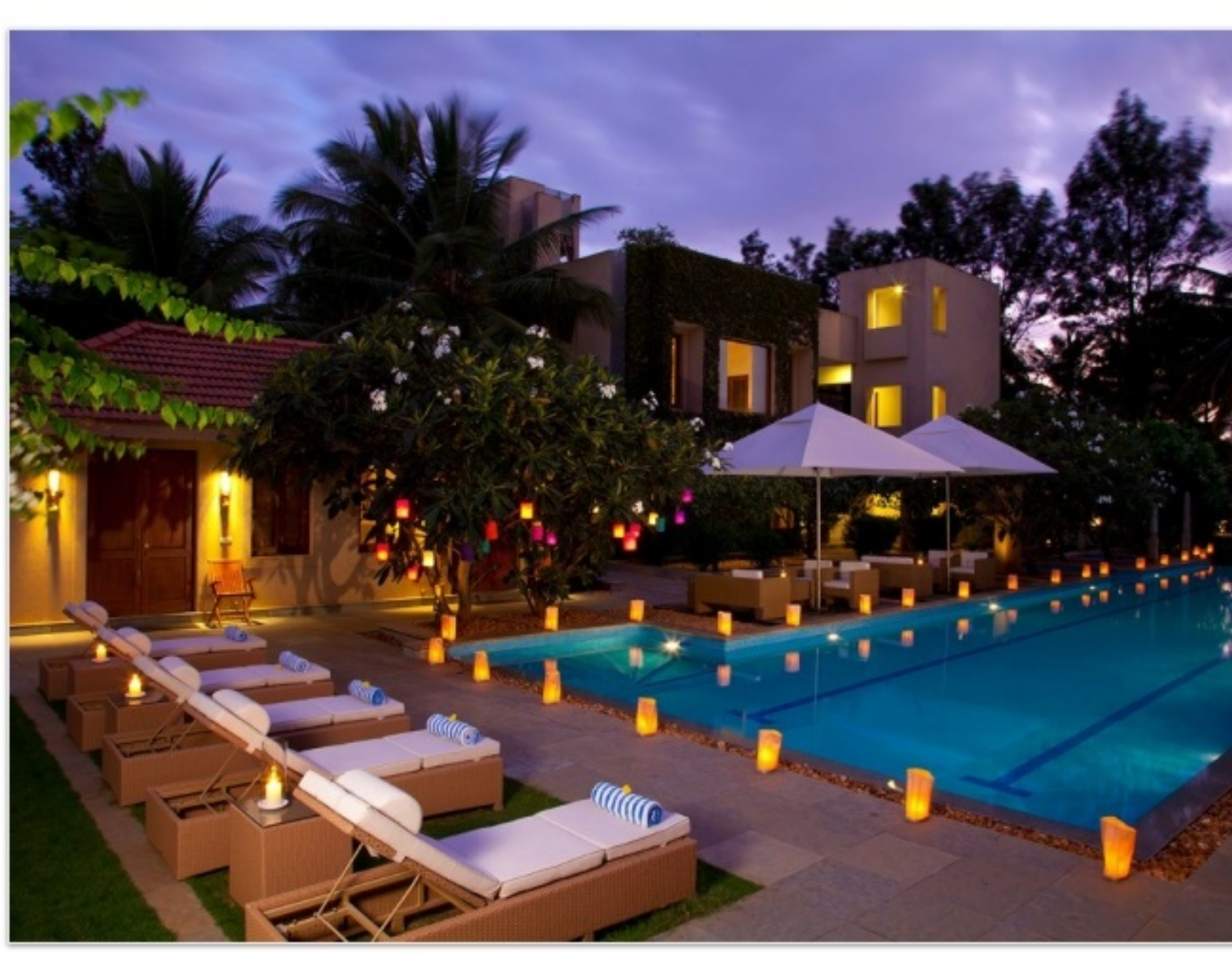


Winter Yoga Escape: 25% off Shreyas Retreat for Eluxe Readers!

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By Ariadna Bahkmatova

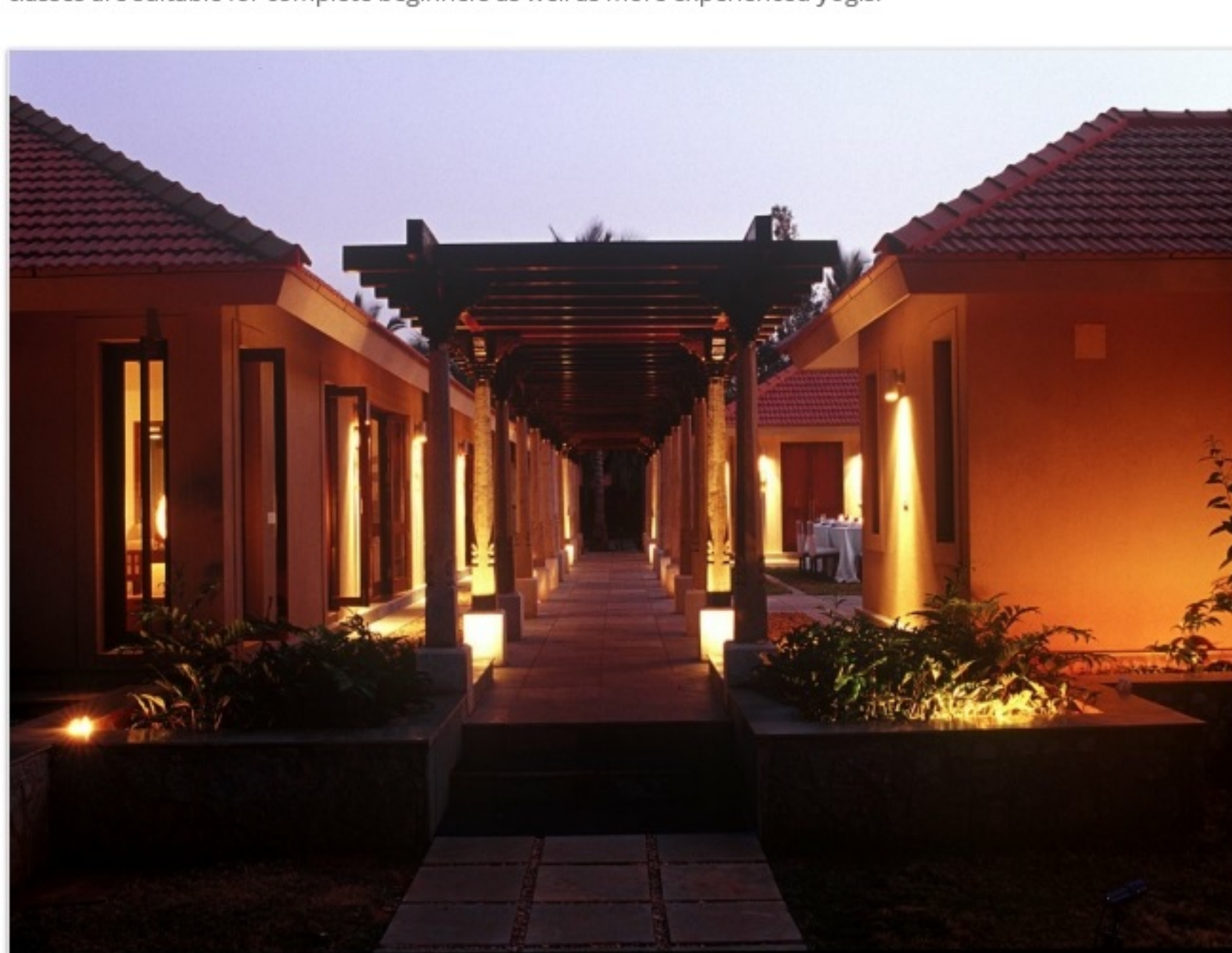
Feeling like winter will never end? Tired of sitting on your butt all day? In need of a good spiritual and physical recharge? Then why not embark on an Eastern adventure at the luxury yoga retreat Shreyas Retreat, outside Bangalore in South India.



Shreyas Retreat is situated at 3,300 ft above sea level, which means milder weather, with temperatures 10 degrees lower than the rest of the (sometimes boiling hot) country. And guess what? Eluxe readers will benefit from a great deal: 4 nights for the price of 3, or 9 nights for the price of 7, saving up to 25%.



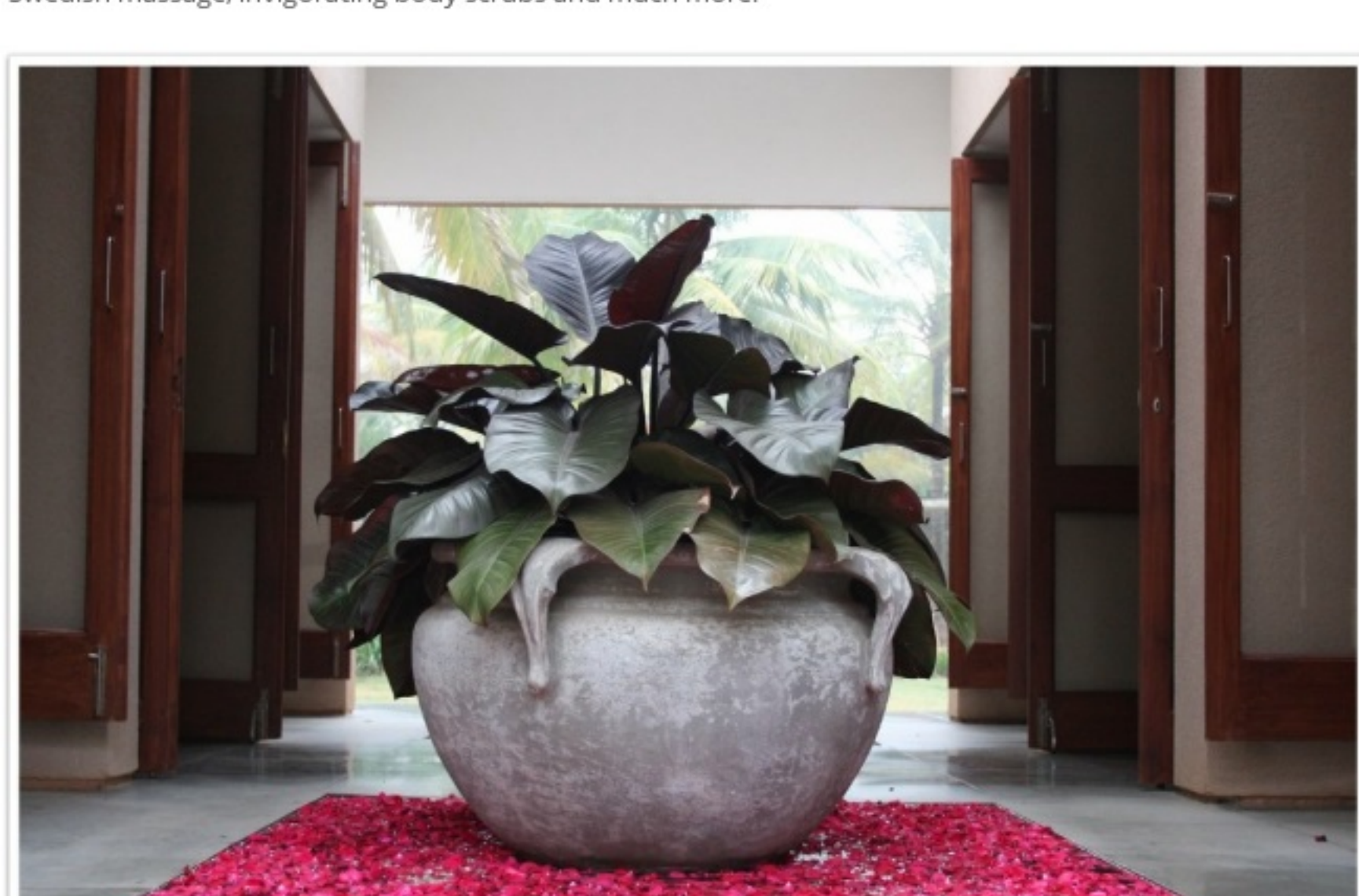
You'll awaken your body and calm your mind doing yoga twice daily and meditation every morning with Shreyas' experienced instructors. Offering classes in traditional Hatha and Ashtanga yoga style, the classes are suitable for complete beginners as well as more experienced yogis.



For those wishing to delve deeper into the ancient teachings of yoga, additional sessions on Pranayama (breath work), meditation and community service are available.



But it's not all hard work: Shreyas' Rejuvenation Spa offers traditional Ayurveda therapies, a wide range of massage and indulgent beauty treatments including Shirodhara Ayurveda Massage, Balinese Massage, Swedish massage, invigorating body scrubs and much more.



Plus, you'll enjoy a feast for the senses when you dine at Shreyas. Start the day with breakfast by the pool, lunch outdoors and a candle lit dinner under the stars. Eat your way to better health with a tailor made menu catering to your needs following a personal consultation with an Ayurvedic doctor.

For more information, please [click here](#), and mention Eluxe!