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5 Hotels That Serve Food That Compliment Your Health Plans

Natasha Anchees | Last Updated: August 26, 2015

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Shreyas Retreat, Bengaluru



A big part of your trip is what you will be eating and this yoga retreat in Bengaluru knows and addresses your concern in the most beautiful way. The ingredients that go into your food are all organic and grown in their very own garden. They are also chosen based on Yogic principles of healthy eating.

What's particularly charming about this little gem is the fact that each menu is customized for guests based on a consultation with the retreat's in house Naturopathic and Ayurvedic doctors.

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