



## HOW TO EXPERIENCE LIVELY INDIA.

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## HOW TO EXPERIENCE LIVELY INDIA.

Naturally beautiful, overflowing with culture, and welcoming of tourism, India is a country that every individual must experience. Whether you are a lover of nature or an architecture aficionado, there is something for everyone in this vast landscape. Maybe you are not as interested in the founding history of a country, but you are intrigued by the current society- you will not be disappointed by venturing to India. The country is known for meditation, relaxation, and balancing one's energy. India is still very prevalent in the realm of fun and fulfilling fantasies.

When traveling in an unfamiliar country, it is easy to become lost and unsure as to which venues and events you should visit. India is one of the countries that many visitors become lost in. Travelers may know how to walk to the local bakery and back to their hotel just fine- but where is the culture adventure in that? If you want to experience India properly, there are several stops you must make during your journey.



## HEALING & HEALTH

India is known as one of the founding countries when it comes to peace and serenity. Finding peace and serenity is done through yoga, meditation, massages, and relaxation. Shreyas Yoga Retreat in Bangalore is one of the best acclaimed spas in India. The spa specializes in classical Hatha yoga, pranayama (breathing), and pratyahara (meditation). Shreyas encourages the guests to partake in the nature walks and promotes community involvement. Although the guests are only a part of the community for a minimal time, the natives continue to encourage the tourists to become one with the culture.

If you are suffering from muscle aches, arthritis, and/or mental illnesses, then you must visit Ayurvedagram, also in Bangalore. This spa bases its foundation upon the Ayurveda practices of yoga, pranayama, meditation, and beauty treatments. Unlike most spas, the experience is different for every visitor, and that is because the spa tailors it for every guest individually.

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