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Top 10 Yoga Retreats Worldwide
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www.shreyasretreat.com
If you're looking for an upscale yogic experience, then point your charkas towards Shreyas Yoga Retreat in Bangalore. Dedicated to promoting the authentic spiritual tradition of yoga in an environment that's normally associated with exclusive hotels, Shreyas is spread over 25 acres of landscaped gardens and utilizes natural resources with initiatives such as rain water harvesting, solar heating, ayurvedic and medicinal herb plantations, organic farming and organic waste disposal on site. Enjoy yoga and chanting classes, massages and meditation and enjoy the amazing meals made from organically grown ingredients freshly handpicked from the retreat's 20 acres of fields. With just fourteen rooms accommodating up to 25 people, personalized service is key.
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PLACES FOR PAMPERING
Top 10 Destination Spas in the U.S.
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