

10 of the world's best meditation retreats in India



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Mindfulness Meditation

ads by Yahoo!

Are you trying to explore the realms of your inner world as you meditate to self-discovery or as a way of stress reduction? These practices can be in a form of either spiritual renewal, a retreat from the bustling cities into a beautiful serenity in the bid to heal from the inside and to discover yourself.

Therefore, the next time you are searching for some disciplined daily and meditation routine either from a spiritual center or from a luxury spa that offers some focus on wellness and healing programs then you should travel to India for some of the world's best meditation retreat programs and centers.

This place has some of the most beautiful and suitable retreat centers that can accommodate every budget and almost every level of interest.

Some of the best meditation retreat centers in India are:

Shreyas Yoga Retreat in Bangalore

Regarded as one of the top most upscale yoga retreat center that offers a lot of rejuvenation spa, infinity pool, organic vegetarian cuisine and meditation sessions. Located in almost 25 acre piece of land that combines beauty and luxury. Shreyas pride itself of, excellent services and attentive staff and considers the philosophy of yoga as the pathway to spirituality and self-discovery.



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