

## Re-connect with Yoga & Meditation: Shreyas in India

Take a break from wedding planning life and experience total relaxation as you re-connect with yoga and meditation at Shreyas Silent Retreat in exotic India. Begin your adventure of self-discovery with a specialist wellness consultation, helping to adapt your stay to your personal goals and needs. Shreyas wellness approach is dedicated to ensuring you have a truly relaxing experience through a range of yoga and meditation classes, complemented with luxury spa treatments, to guarantee you spend your healthy pre-wedding holiday in total tranquillity.

