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Shreyas Yoga Retreat | Bangalore

Set in 25 acres of greenery and frangipani gardens, a limit of 20 guest are supposed during a given indicate of time in this shelter where yoga is a approach of life.



The place offers sessions on Hatha yoga (postures), pranayama (breathing) and pratyahara (meditation) processes so that a guest can relax and de-stress completely. Tastefully designed tent cottages, villas, a swimming pool, library and cinema centre make for a lush stay.



Distance from Mumbai: 1,018 km (approx)

At: Santoshima Farm, Gollahalli Gate, Nelamangala-Doddaballapur Road, Nelamangala, Bangalore.

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