

10 Remarkable Yoga Retreats in the World

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"Yoga is the perfect opportunity to be curious about who you are." – Jason Carndell

Yoga is believed to have originated 6000 years ago in the Indian subcontinent. But over time, the entire world has adopted this practice for improved physical, mental and spiritual health. Today, as the benefits of yoga are the subject of discussion, people from all walks of life and from different parts of the world have started taking this ancient practice quite seriously. All over the world, a number of yoga retreats have been established to give an enhanced holistic experience. Let's take a look at 10 Remarkable Yoga Retreats in the World.

10. Shreyas Yoga Retreats



Located in Bangalore, Karnataka in India, Shreyas Yoga Retreat is an upper crust yoga retreat. A member of the exclusive Relais & Chateaux group, it devotes itself to combining the luxury of five star hotels with the restfulness of Ashtanga and Hatha styles of yoga. They offer silent retreats, meditation, ayurvedic treatments, organic farming, etc. The veg menu with fresh produce from the organic gardens is quite an experience, too.

A unique 5 day retreat

Absorb deep knowledge whilst enjoying beautiful New Zealand



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