

# Top 5 Wellness Retreats In India

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Wellness retreats in India have taken medical tourism up a notch, attracting travelers from around the world in pursuit of rejuvenation, healing and Nirvana. Indulge into spiritual odyssey amid soulful ambiance of luxury retreats that present a blissful concoction of serenity and finest comfort of modern life. From Ayurveda to Yoga, from meditation to integrative medicine, therapeutic programs and complementary therapies, wellness spas and retreats in India ensure the most enriching experience. We bring to you the top 5 wellness retreats in India.

## Top 5 Wellness Retreats In India

3. Shreyas Yoga Retreat, Bangalore



Set amid 25-acres of exotic landscaped beauty and frangipani gardens, Shreyas Yoga Retreat is one of the top 10 wellness retreats in India. The resort accommodates 20 guests, guiding through a journey of self-discovery by providing the ultimate space for introspection and reflection. The yogic processes initiated by professionally trained teachers and therapists at Shreyas heal and strengthen, providing an opportunity to nourish your mind, body and soul.

The resort offers personalized, authentic Hatha and Ashtanga Yoga, irrespective of age, faith and experience. Integrate the facets of Yoga (deep relaxation, Pranayama, Yogic kriyas and much more) into your daily life without the rigor and austerity. It has one of the best spas in India, offering a myriad of Ayurvedic therapies, organic scrubs, relaxing massages and masks, reason enough for us to include it in the list of Top 5 Wellness Retreats In India.

**Specialization:** Yoga and Spa

**Bookings:** The rate of accommodation starts from RS 12,000 per night. There are also long-stay programs for Rs. 2.96 lakh per person for 14 days. For bookings, contact +91-9916 11773 or email at reservations@shreyasretreat.com.

**How to reach:** The nearest airport is Bangalore Airport (43 km), an hour's drive from the resort. There is bus and taxi service available from the airport to the resort.

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