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Shreyas Retreat: Yoga in India

📅 April 3, 2014 by Simon

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If you have your heart set on an Eastern adventure in the coming months, then head to a luxury yoga retreat [Shreyas](#) outside Bangalore in South India. Shreyas Retreat is situated at 3,300 ft above sea level, which means milder weather, with temperatures 10 degrees lower than the rest of the country.

On top of that, benefit from a great summer deal: 4 nights for the price of 3, or 9 nights for the price of 7, saving up to 25%.



Awaken your body and calm your mind doing yoga twice daily a sound meditation every morning with Shreyas' experienced instructors. Offering classes in traditional Hatha and Ashtanga yoga style, the classes are suitable for complete beginners as well as more experienced yogis.

For those wishing to delve deeper into the ancient teachings of yoga, additional sessions on Pranayama (breath work), meditation and community service are available.



To complement the cleansing process begun through Yoga, pay a visit to Shreyas' [Rejuvenation Spa](#) offering traditional Ayurveda therapies, a wide range of massage and indulgent beauty treatments including Shirodhara Ayurveda Massage, Balinese Massage, Swedish massage, invigorating body scrubs and much more.

Enjoy a feast for the senses when you dine at Shreyas. Start the day with breakfast by the pool, lunch outdoors and a candle lit dinner under the stars. Eat your way to better health with a tailor made menu catering to your needs following a personal consultation with an Ayurvedic doctor.