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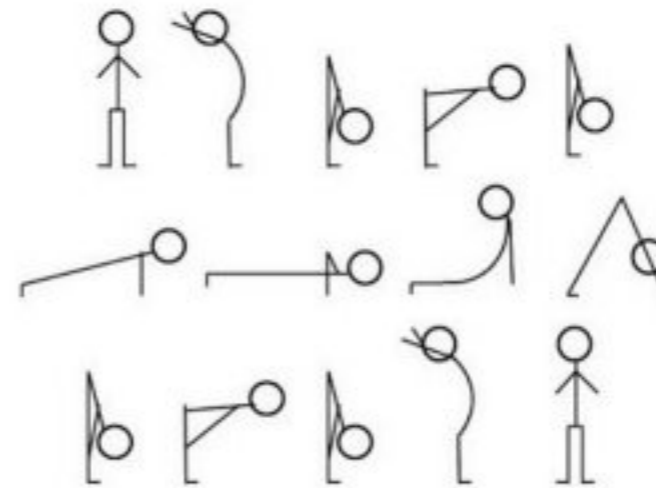
World Yoga Day

JUNE 21, 2015



As the world celebrates the first World Yoga Day today that is on 21st June 2015, I take this opportunity to invite you visit the land of Yoga – India.

Yoga as you all know is not about physical exercise only but it is the *yog* or joining of the body, mind and the spirit. We all know the benefits of Yoga so I am not going to write about that. I am just going to mention a few of my personal favourite Yoga retreats in India:



I am going to write about a few of my personal favourite resorts/hotels with Yoga facilities:

Shreyas Yoga Retreat: Located on the outskirts of Bangalore – the buzzing IT hub of India, Shreyas Retreat enables one to integrate the manifold facets of Yoga into daily lives.

SwaSwara: As they say, it is neither a spa nor an ashram; SwaSwara is a sanctuary for the innermost nature of an individual. It is the place to discover “Swa” or the Self and “Swara” the song that is your own inner song.

Park Hyatt Goa: Although it is holiday resort in Goa, its complimentary classes in Yoga as well as meditation offers a perfect balance to an indulgent traveller.

Ananda Spa: Located near Rishikesh – the yoga capital of the world; Ananda assists in redefining lifestyles to include the discipline of Yoga and Ayurveda combined with best of International Wellness experiences.

Add on any of these retreats or resorts to your trip to India and you will have a Holiday Made Special.

TRAVEL YOGA

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