

THE FIVE BEST YOGA RETREATS IN INDIA

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People travel to India for many reasons. Some go to explore the sumptuous palaces of Rajasthan, where luxury abounds. Some visit for the exotic tiger reserves, pretty beaches, and historic landmarks. Others are just looking to get away from it all.

For those seeking true relaxation, India's many yoga retreats offer the perfect balance of soothing surroundings, invigorating classes, and indulgent treatments. We've selected the five best yoga retreats in India to inspire your next trip.


Shreyas Retreat

Located beyond the bustle of central Bangalore in southern India, [Shreyas Retreat](#) strives to submerge guests in a truly tranquil setting. Vegetarian food is prepared on-site according to Ayurvedic principles, while the Rejuvenation Spa lives up to its name with massages and a full range of treatments. It's the in-depth yoga programme, though, that makes Shreyas Retreat an obvious choice. Offering special retreats that cater to beginners as well as to more experienced yoga enthusiasts, Shreyas teaches Hatha and Ashtanga Vinyasa yoga in open-air classrooms, and also leads guests in meditation.



Shreyas Retreat combines Ayurvedic principles with yoga © [Shreyas Retreat](#)

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