



10 essential weekend breaks

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For health enthusiasts Bangalore, India

What you'll experience: Shreyas Retreat caters for just 25 guests at a time, but it's surrounded by 25 acres of countryside: at an acre per person we're sure you'll have enough space. Have a wander around the organic farm, visit the spa, play a little cricket, go jogging on the trails and relax with organic cuisine. There is a no-alcohol policy here – the idea is to walk out more radiant than you walked in. Packages include a seven-day Joy of Giving that focuses on giving back to the surrounding villages through community service. There's also a seven-night Silent Retreat that (you guessed it) is to be spent in silence. For a weekend break, however, we'd pick the Wellness for the Soul package, which is available in three-night blocks and involves yoga, meditation, massages, cooking classes and community exercises. Stick to the hotel if you're after downtime, but an hour's drive to nearby Bangalore is worth it if you're keen to see the city's many temples.

Where to stay: Shreyas offers cute cottage-style rooms, and the three-night Wellness for the Soul package (Dhs4,000) includes one private yoga session, twice-daily group yoga sessions, a pranayama yoga session (a breathing practice), a meditation session, two rejuvenation massages, a wellness consultation, daily group chanting sessions and all meals (they're vegetarian).

www.shreyasretreat.com (+91 991 611 0422).

How to get there: Bangalore is a three-and-a-half-hour flight from the UAE. Air Arabia flies direct from Sharjah daily, with prices from Dhs1,080 return.

www.airarabia.com.

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Posted by: **Islam** on 22 Feb '11 at 06:07

It's great places, we need to arrange it earlier to get the best of it.