

Escape to therapy



travel

WELLNESS TOURISM

From yoga sessions to Ayurvedic treatments to relax body, mind and soul — head to these wellness destinations that will help you escape the hustle and bustle of daily life and give you an opportunity to experience a few days in peace



Shreyas Yoga Retreat | Bangalore

Set in 25 acres of greenery and frangipani gardens, a maximum of 20 guests are accepted at a given point of time in this retreat where yoga is a way of life. The place offers sessions on Hatha yoga (postures), pranayama (breathing) and pratyahara (meditation) processes so that the guests can relax and de-stress completely. Tastefully designed tent cottages, villas, a swimming pool, library and cinema centre make for a luxurious stay.

DISTANCE FROM MUMBAI: 1,018 km (approx)
AT Santoshima Farm, Gollahalli Gate,
 Nelamangala-Doddaballapur Road,
 Nelamangala, Bangalore. **CALL** (0)9916110422

