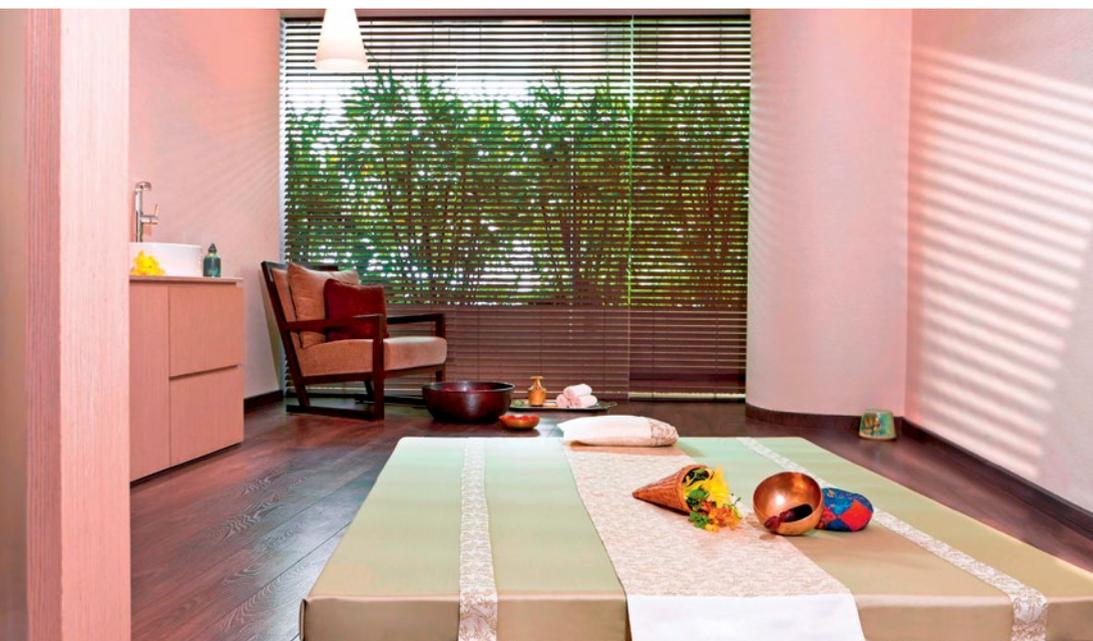


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ELEVEN EUPHORIC EXPERIENCES

A deliverance for body & mind

Letting go of inhibitions allows one to initiate a true reawakening of the self; a journey that is as invigorating as it is emotional. Here are some of the finest retreats that promise to see you through it, and splendidly so



OSHO INTERNATIONAL MEDITATION RESORT

The OSHO International Meditation Resort in Pune reflects a unique combination of various holistic, meditative influences. The choice of the OSHO Guesthouse as well as the Living in Program makes it perfect for both short and long term stay wellness enthusiasts. The popular centre offers a myriad of activities such as daily meditation sessions and other enlightening modules on esoteric sciences, creative arts, centering and martial arts, Tantra, Zen, Sufism, and Meditative Therapies.



HEAVEN BESIDE YOU

The Westin Garden City Mumbai presents an ideal zone for respite, far away from the maddening rush of the metropolitan. A trip to the Heavenly Spa here, ensures you receive utmost care and attention, with a repertoire of blissful treatments designed to treat your senses. For a completely heavenly experience, opt for the Aspire Massage that uses a Wellness Wheel to help you choose from 12 different aroma oils, based on the question, 'how do you want to feel?'. Another treatment, the Vinotherapy Massage uses a special oil that is produced by the burning of a candle. This oil is derived from a unique grape mixture, and the antioxidants from this concoction helps to improve the health of the skin.

SHREYAS YOGA RETREAT

Shreyas, a sprawling 25-acre retreat on the outskirts of Bangalore, offers connoisseurs of wellness a private and tranquil haven wherein they can pamper and nourish themselves indulgently. The property is elegantly designed and serenely luxurious, while being thoroughly steeped in the divinely spiritual aura of Yoga and Vedanta. Traditional Hatha and Ashtanga Yoga are practised here, along with breathing exercises (Pranayama), visualisation techniques (Sakshi Bhava), deep relaxation classes (Yoga Nidra), yogic kriyas (Jala Neti, Vaman Dhouti) and candle meditation (Trataka) etc.

