

## Combine your wellness getaway with the joy of giving back

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By working closely with the local community, **Shreyas** has designed The Joy of Giving programme which offers guests a variety of ways for you to give back



Yoga

LOOKING for a healthy holiday with a difference? Then [Shreyas' 'Joy of Giving'](#) programme in India might be just what you need.

Deeply rooted in the yogic philosophy, Shreyas luxury yoga retreat in India has designed a special programme to make you feel the joy that comes from the simple acts of giving and sharing.

By working closely with the local community, [Shreyas](#) has designed The Joy of Giving programme which offers guests a variety of ways for you to give back.

- Pick vegetables from Shreyas' organic garden, help the chefs cook nutritious meals and then help serve the food to the kids from the local orphanage.
- Give back to the environment by planting a tree and spend some time meeting the villagers from the surrounding areas.
- Try your skills at watering, weeding, sowing, picking and rediscover the forgotten pleasure in getting your hands (and feet!) dirty by helping out in the three-acre organic garden.
- Want to learn more about local culture? In return for your hard work, Shreyas staff will teach you some local customs and traditions: learn to tie a sari, make flower garlands, practice your henna and make organic Ayurvedic body scrubs.

Aside from community service, indulge yourself in Shreyas delicious vegetarian food, practice yoga and meditation with Indian teachers, treat yourself to rejuvenating massages, dip in the swimming pool and soak in the sun. Come back home feeling rested, rejuvenated and with the joy of having given back.

To find out more visit <http://www.shreyasretreat.com/JoyOfGiving.htm>