

Top 15 Yoga Retreats Around the World

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– Shreyas Yoga Retreat (INDIA)



If you have a yen for an upscale yoga experience, then point your chakras towards Shreyas Yoga Retreat in Bangalore, India. This member of the exclusive Relais & Chateaux group is devoted to promoting the authentic spiritual tradition of yoga in an environment that's normally associated with luxe hotels.

Shreyas is spread over 25 acres of landscaped gardens and utilizes natural resources with initiatives such as rain water harvesting, solar heating, ayurvedic and medicinal herb plantations, organic farming and organic waste disposal on site. Enjoy Ashtanga and Hatha yoga, chanting classes, silent retreats, meditation, massages, ayurvedic treatments such as abhyanga and shirodhara, community service exercises, experience an introduction to Indian culture, and savor the amazing meals made from organically grown ingredients freshly handpicked from the retreat's twenty acres of fields.

Guests can also enjoy other accommodations including an infinity pool, hot tub, steam room, and walking trails. The only member of Relais & Chateaux to feature a totally vegetarian menu, the retreat also boasts a Culinary Experiences Package. With just 14 rooms accommodating up to 25 people, personalized service is key.

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