

Travel Ideas

# Travel these Best Yoga Retreats in India that will make you a Positive Soul

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For centuries India has been home to the best of Yoga practices, and tourists have been coming to India in search of peace, solace and tranquility through yoga. Earlier yoga was conducted in a basic environment with nothing fancy to boast about, but the modern India has evolved itself to entice tourists from all parts of the globe to its 'Yoga Retreats'- A modernized place of Yoga practice that offers luxury facilities too. But that is not the only reason, yoga is been practiced in India since 5000 B.C and the country is still the best place to learn different forms of yoga authentically.

We bring to you a list of few of the 5 best yoga retreats in India that satisfies both the mental need of learning Yoga and the physical comforts of magnificent luxury.

## Shreyas Yoga Retreat

Spread across 65 acres of lush green land in the outskirts of Bangalore, the Art of Living center is considered to be the ideal place for reflection and retreat. Many rural development activities are carried out in the ashram along with daily satang, voluntary services, and more. The center offers yoga techniques in a joyful manner to help nurture the mind and body, and improve the overall health. There are various programs with different levels for beginners, advanced students and for those looking to get an expertise. The campus has a beautiful Radha Kunj garden, Ayurveda Panchkarma center, wellness and pharmacy center, along with comfortable accommodation options available to the program participants. There are many corporate programs as well for reducing stress and provide rejuvenation.



Surrounded by trees and greenery, Shreya Yoga retreat is one of the most upscale yoga retreats in the world. Bringing the visitors close to the natural experience, special attention is given to the gardens and beautiful surroundings. The facilities at Shreyas Yoga retreat include machans and meditation huts, infinity pool, organic garden, library, open-air amphitheatre, Jacuzzi, indoor yoga hall, steam, conference Room, jogging trail, Gym, bowling machine and cricket nets, home theater nature farming, and more. With a strict vegetarian but a world class cuisine variety of Indian, Continental, Mexican and Oriental, Shreya offers mouth watering delicacies for the guests. Enjoy the luxury rejuvenation spas, indulge in group meditation sessions and do a lot more at Shreyas Yoga retreat.

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