

W HOTELS WORLDWIDE PRESENTS **FIT** WITH TARA STILES

JOIN YOGA REBEL TARA STILES AS YOU POSE IN PARADISE

FRIDAY-SUNDAY 12-14 SEPT 2014

BOOK NOW

*TERMS AND CONDITIONS APPLY

W BALI RESORT & SPA

TRAVEL+LEISURE

SOUTHEAST ASIA

SIGN IN

SIGN UP

FOLLOW US



HOME DESTINATIONS HOTELS FOOD & DRINK SHOPPING NIGHTLIFE SPA INTERESTS T+L BLOGS

BANGKOK PHUKET HONG KONG SINGAPORE BALI HANOI KUALA LUMPUR HCMC SEARCH

Home > On Our Radar

HEALTHFUL HAVENS IN ASIA

July 22, 2014

Sometimes a little old-fashioned R&R is just what the doctor ordered. You can fill that prescription at these five hot spots to naturally detox and unwind.

INDIA

Whip those chakras back into alignment at [Shreyas Retreat, Bangalore](http://shreyasretreat.com) (shreyasretreat.com), which features all the hatha and ashtanga classes of a traditional ashram with all the comforts—and spa treatments—of an upscale resort.

5 10 0

Like Tweet +1



Shreyas Retreat, Bangalore

