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## Rejuvenate at Shreyas Yoga Retreat in Bengaluru

Relax your body and mind in Bengaluru with yoga, meditation and chanting sessions along with massages and therapies



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Yoga class at the Shreyas Yoga Retreat in Bengaluru 1/1photos

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The folks at Shreyas Yoga Retreat in Bengaluru will have you bending backwards, literally, but in a luxurious setting. The daily regimen includes yoga, meditation and chanting sessions and a strict vegetarian diet; but in their living quarters, guests get to experience luxury far removed from the austerity associated with ashrams. Traditional yoga classes conducted here are based on both Hatha Yoga, which harnesses the body to master the mind, and Ashtanga Vinyasa Yoga, which uses a sequence of movements to control the body and master the mind. The 14-day yoga retreat (\$7,190) includes personalised yoga, pranayama, meditation and yoga nidra sessions as well as rejuvenating massages and therapies.

**Tags** Shreyas Yoga Retreat, Bengaluru, Bangalore, yoga, meditation

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