



AMRUTA  
134 POSTS

## Top 14 Yoga Retreats In India

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### 5. Shreyas Yoga Retreat, Bangalore:

This luxurious retreat in Bangalore ranks as one of the most upscale yoga retreats in the world. Spread over 25 lush acres, Shreyas offers everything that you might need for cleansing and rejuvenation – spa, beautiful green gardens, meditation sessions, an organic vegetarian diet and an infinity pool, and much more!

This luxurious spa also offers a wide range of Ayurvedic therapies including relaxing massages, all organic scrubs, herbal packs and masks prepared using herbs from Shreyas' organic gardens.

Shreyas also provides the most attentive staff, teachers and healers to start you on your wellness journey. It also places a lot of attention to teaching yoga in a way so that one understands that it is a pathway to self-discovery and spirituality, and not just an exercise regime. A maximum of 20 guests are nurtured attentively by yoga teachers and therapists at a time. So, we suggest that you book well in advance.

Shreyas Yoga Retreat offers authentic Hatha and Ashtanga yoga (different styles of yoga) to the guests. Other hot offerings are Ayurvedic treatments such as abhyanga and shirodhara, chanting classes, silent retreats, meditation, massages, community service exercises, and an introduction to Indian culture. The yoga retreat in India also offers amazing organic meals made from vegetables grown in the retreat's 20 acres of fields.

This retreat is rated as one of the Finest Yoga Retreats in India and worldwide and it is a member of the Relais & Chateaux group of resorts and hotels.

[ Read: [Places To Peacefully Meditate In India](#) ]



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