

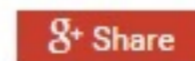
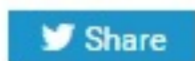
SHREYAS YOGA RETREAT, BANGALORE



A perfect breather for urban dwellers, this *yoga* retreat offers everything you might require for re-energising while in the city. Set in a tranquil environment, the retreat offers rejuvenating spa treatments along with *yoga* and meditation sessions. They serve vegetarian food prepared according to the *Ayurvedic* principles. Shreyas teaches *Hatha* and *Ashtanga Vinyasa Yoga* in open-air classrooms to beginners as well as experienced *yoga* enthusiasts. *Yoga* teachers and therapists cater to only 20 guests in one batch. Thus, advance booking is suggested.

*USP: Situated in the city, this is an ideal retreat for those are time-crunched.*  
*For more info and reservations, [click here](#)*

*Check out 5 Yoga Retreats in North India, [here](#).*



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**MADHULI TRIVEDI**

A writer, an occasional explorer and a foodie – that pretty much describes me and my job, which I love for the way it enriches me and takes me places.