

Shreyas Yoga Retreat – Fact Sheet



Shreyas Yoga Retreat

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About Shreyas Yoga Retreat

....a journey of self-discovery

Step into the welcoming serenity of nature, so tranquil and calming. A finely balanced infusion of authentic Yoga, meditation sessions, lush sprawling gardens and discreet staff that welcome guests with unparalleled personalized service. Shreyas is a superbly comfortable and stylish Yoga retreat at par with some of the more exclusive boutique retreats in the world. Shreyas prides itself on its service, which is an attempt to apply the eternal Vedic instruction - Athiti Devo Bhava - or 'treat thy guest as an embodiment of the Divine'.

Background - The essence of Shreyas is the concept of wellness of body, mind and soul, for the purpose of self-mastery that manifests as excellence in all that we do. The principal medium through which guests are exposed to this is Yoga - which is non-denominational and open to people of all faiths. Through various customised programs Shreyas believes that Yoga can be practiced by everyone - fit or unfit, old or young, supple or brittle. Yoga and meditation has an amazing effect on the body and mind energies allowing one to deal with life's ups and downs with sense of equanimity. Shreyas will appeal to those who wish to understand or familiarise themselves with the philosophical tradition of India, without necessarily delving into its

organised religious aspects. Traditional Hatha and Ashtanga Yoga are practised - this includes simple posture classes for stress management and moves on to more advanced modules.

The centre focuses on self-development workshops in a safe and comfortable environment. Classes are suitable for both male and females. People are also encouraged to get away from an over-worked and hectic lifestyle or the rigours of the office; to come and de-stress by working in the vegetable and herb garden, planting paddy and getting their feet dirty! A true retreat geared to self-discovery, where the intention is to bring a little of the best of Indian spiritual wisdom (namely, Yoga) into the lives of its guests.

In Sanskrit, Shreyas means "all round excellence", the manifestation of which is the purpose for which our lives have been given to us. Shreyas is inherent within us and is to be achieved through harnessing, refining and purifying our body/mind energies and spiritualizing our actions & emotions, thereby allowing the divine qualities within to shine forth. Shreyas Yoga Retreat is dedicated to enabling one to achieve this by catalyzing their thinking process with inputs from the Indian Spiritual tradition. A stay Shreyas Yoga Retreat begins a journey of self discovery.

Shreyas excels , so unique

- **Shreyas is a unique Yoga retreat**
- **Ashram style life, 'simply' luxurious accommodations in a pure environment that is tailored to promote an authentic spiritual dedication to Yoga.**
- **Ashtanga & Hatha Yoga for all levels - from beginners to advanced**
- **De-stress and focus on self development**
- **Various packages that may be tailor-made to suit ones requirements**
- **Stylish Yoga retreat at par with some of the more exclusive small retreats in the world**
- **One of the finest Yoga pavilion in South Asia**
- **Community Service Exercises (Voluntourism)**
- **No more than 25 guests at any one time**

European Representation & Marketing Office



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- **Attentive, professional and discreet Yoga practising staff**
- **All-inclusive packages**
- **Be introduced to a new friend – you**

Location

Shreyas Yoga Retreat is located 35 km northeast of Bangalore, Karnataka.

Transportation

By Air

To Bangalore International Airport from Europe or domestic flights from Delhi, Mumbai, Trivandrum, Chennai, Cochin, Vishakapatnam, Hyderabad, and Calcutta. Followed by a 1 ½ hour (50kms) car journey.

By Train

To Bangalore train station followed by 60-minute car journey.

By Road

From Mysore, Belur, Halebid, Hampi, Bangalore. (35km from the city centre)

Transfers

Shreyas Yoga Retreat is happy to arrange transfers (at extra cost) from Bangalore International airport or railway station.

Arrival Information

Check-In and Check-out

Check-in: 1200 Noon. Check-out: 1200 Noon. 12.00 pm. Extended check-out subject to negotiation/availability.

Parking

Complimentary Parking is available for guests.

Hotel Details

Accommodation

12 cottages in total. 8 double/twin garden cottages, 3 pool cottages and 1 Three-bedroom cottage spread around the 25-acre expansive gardens and premises. All the rooms are done up in calm, earthy colours and in an almost minimalist style. The linen & furnishings are of the highest quality and the 'finish' is second to none- immensely stylish & comfortable.

The cottages do not have Televisions or CD players. Shreyas is ideal for up to 25 guests in total.

8 twin/double garden cottages

The garden cottages are excellent with fixed walls and bases, multi-layered canvas roofs and superb bathrooms, which are semi-open to the skies and enclosed in a private courtyard. Each garden cottage has its own veranda and they are well spread out to ensure privacy.

3 Pool cottages

Located next (not individual) to each (other near the swimming pool and main All the pool cottages are 'non-smoking' and are on ground level so there is easy access for wheelchairs.

One 3-Bedroom cottage

Situated in the gardens, the 3-bedroom cottage is designed ideal for a group of friends who wish to share the experience

in close proximity of each other. Each bedroom has en-suite bathrooms and the cottage has with its own living room.

All guest rooms at Shreyas offer the following amenities

General Room Amenities

- Air-conditioning
- Direct dialling telephones
- Overhead fan
- Desk
- Tea and coffee making machines
- Showers
- On-site safe purified water is provided in all bedrooms. **Bottled water is charged**
- Bathrobes & slippers
- Hairdryer
- Bath amenities
- In-rooms safes
- Access to broadband Internet connection

Amenities on Request

The following amenities may be available on request.

- Heaters

Child Policy

One extra bed can be provided for children up to 8 years of age. Due to the peaceful nature of this retreat, it is not ideal for boisterous children who may find it a little stifling. No baby-sitting services are available.

Alcohol Policy

Alcohol is neither served nor permitted at Shreyas, and guests are requested not bring their own for private consumption.

Dinning

Shreyas serves gourmet Vegetarian cuisine which comprises Indian, Continental, Mexican and limited Oriental. There is one dining room where guests are encouraged to dine together. On warm nights dinner is often served out in the garden, and guests have a choice of joining a larger group or dining on their own. Lunch and dinner tends to be table d'hôte, although occasionally they organise buffets. Should a guest have any particular likes or dislikes, the chefs will be more than happy to try to accommodate these wishes, to the best of their ability. As much as possible is grown or produced on the premises. The menus are carefully planned to fit in with the overall wellness programmes. Menus can be adapted to suit you if necessary and within reason. All meals are included in the nightly room rate (excluding room services meals).

Room service is available but with a limited choice and is chargeable.

Smoking is permitted in designated areas only.

Fixed meal timings:

- Breakfast- 9 a.m.
- Lunch - 1 p.m.
- Dinner - 8 p.m.

Guest Services

- Laundry (chargeable)
- Internet Access & Email (free)
- Physician on call

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Recreation Facilities

- **Outdoor Yoga & meditation hall:** Qualified Yoga instructors will guide you through asanas (physical postures), breathing, awareness and visualization processes for a healthier body and mind as well as enable internalization. This space can also be used for outdoor lectures and Shreyas can provide AV equipment if required.
- **An open-air amphitheatre** for outdoor presentations and shows against the backdrop of nature.
- **Library** - An extensive variety of books are available for reading.
- **Swimming Pool, Jacuzzi & Steam room** - The water in the pool with an infinity edge appears to cascade down to the meditation/Yoga hall in the distance. The temperature of the pool varies from 25 degrees Celsius to 30 degrees Celsius, depending on the weather. (December is the coldest month and March is the warmest). The pool and Jacuzzi are available for your use between the hours of 6 am till 10 pm. There is no lifeguard on duty and the pool has a maximum depth of 5 feet.
- **Gym:** The gym is equipped with a treadmill, cross trainer and abdominal exercise equipment. It is available for use 24 hours. Please bring separate footwear for this activity.
- **A conference room** with modern audio-visual equipment, including a LCD projector and screen. The room has a **home theatre** for watching presentations, learning videos etc.
- **Home Theatre:** A large selection of movies, documentaries on spirituality, science, nature and philosophy are available for viewing pleasure.
- **Cricket nets and bowling machine:** For cricket enthusiasts, Shreyas offers a cricket net along with a professional bowling machine to test ones battling skills against.
- **Wellness consultations** (one is offered upon arrival and is included in the nightly room rate).
- Highly qualified **Yoga instructors**.
- The retreat can arrange **vehicles** for local excursions.

Spa, Wellness therapies & Massages

- Two spa treatment rooms offering Indonesian, Swedish, Thai, Aromatherapy and Ayurvedic massages and treatments.

Community Service Exercises (Voluntourism)

Guests can participate in interactive Community exercises during their stay. This includes picking vegetables, herbs and fruits from Shreyas' Organic Farm, assisting in preparing a meal, transporting the food, serving the food to the children or elderly in local villages, schools and orphanages. Guests can also dedicate a few hours of their stay sharing a vocational skill with local school children. Shreyas is also actively involved in and invites interested guests to support infrastructural development of the adopted villages. These initiatives including digging up bore wells for fresh water, rain water harvesting for sustainable energy and construction of critical aspects of the village (such as toilets, school compound wall etc.)

Yoga Packages

The Yoga packages are tailor-made packages to suit the guests. Choose from 3 nights up to 21 nights. The minimum stay requirement is 1 night.

- Wellness for the Soul
- Yoga Retreat
- Discovering a Self – A Silent Retreat
- The Joy of Giving
- Ayurvedic Rejuvenation
- Weight Management

A stay at Shreyas includes exquisite vegetarian meals, luxury accommodations, wellness consultation, twice a day Ashtanga and hatha Yoga group sessions, sound meditation sessions and use of all facilities. Guests may customize their stay in advance with packages that suits their objectives by including private Yoga sessions or massages.

Local attractions / possible excursions

- Bangalore
- Mysore - Mysore can be reached in two and half hours by avoiding Bangalore City, taking the road to Mangalore (6 km from Shreyas) and then cut across to Mysore.
- Coorg is about three hours from Mysore.
- Belur - 195 Km
- Halebid - 214 Km
- Srirangapatnam
- Sravanabelagola - 133 Km
- Hampi - 323 Km

Conference facilities

Business Services

Location: Reception area

Shreyas Yoga Retreat offers conference facilities to accommodate the exacting requirements.

Dress Code

There is no official dress code. It is very relaxed and guests tend to relax in Yoga or exercise clothes during the day, changing into something a little bit tidier for dinner. Guests are asked not to walk around bare-chested or in swimwear, other than by the pool.

Electricity

220 volts. The standard two / three pin adaptors work.

Credit Cards / Currency

American Express, Visa and MasterCard. Sterling, Euro and Dollars are accepted. There is no money changing facility

Mobile Phones

Mobile phones work here.

When to go/Climate

Due to its slightly elevated position at the southern end of the Deccan Plateau, Bangalore has an agreeable climate for most of the year. The coolest times of year are November to February but September /October and March/April is still excellent months to be there. The monsoon arrives in June and lasts until August. However, everything becomes incredibly green at this time and it's a particularly beautiful time of year. *Shreyas Yoga Retreat remains open year round.*

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Internet Access

Guests of Shreyas Yoga Retreat will enjoy internet connectivity in all guest rooms. E-mail access service is also available.

Length of stay

4 to 5 nights stay is recommended to benefit from Yoga Packages and, also time to relax and enjoy Shreyas. 3 to 21 nights packages are available. All packages may be tailor-made to suit ones requirements.

Minimum stay requirement at Shreyas Yoga Retreat is 1 night.

Mosquitoes

Mosquitoes tend to be around for about an hour in the evenings. The retreat combats this by burning of citronella

incense and anti-mosquito oils. Guests are also provided with mosquito repellent if required.

Payment/Cancellation Policy

Pre-payment of 50% is mandatory at the time of booking, with the balance payable on arrival. If cancelling within 30 days of arrival, the deposit is forfeit.

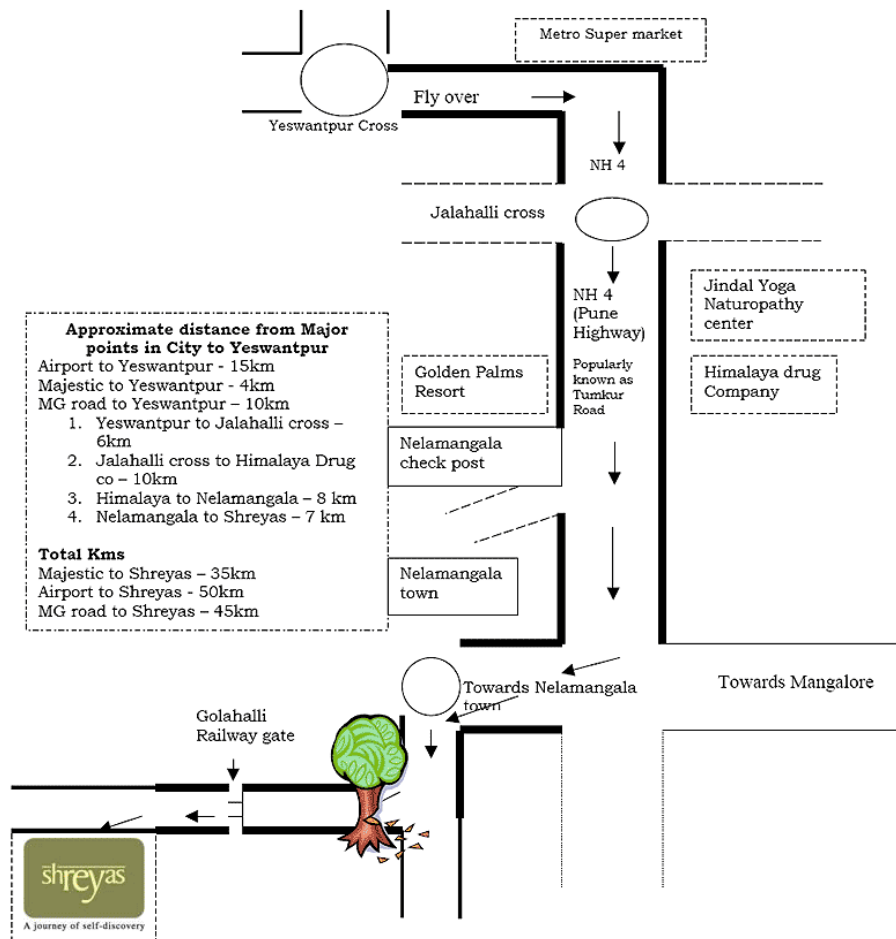
Seasonal Surcharges

There are no seasonal surcharges.

Taxes

Rates are subject to 10% service charge ad 13% government taxes.

ROAD MAP TO SHREYAS YOGA RETREAT



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