

MAhout



Fact Sheet

Address

Shreyas Retreat
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Location

A quiet 25 acre retreat on the outskirts of Bangalore. Situated in stunning gardens and with a beautiful, enormous herb and vegetable garden where everyone is welcome to come and help out. Quiet sitting areas are scattered around the gardens to encourage a little peaceful meditation.

Shreyas is a superbly comfortable and stylish retreat on a par with some of the more exclusive small 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’.

Concept

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. They demonstrate through various customised programs that, contrary to popular belief, Yoga can be practiced by everyone – fit or unfit, old or young, supple or brittle.

Yoga has an amazing effect on the body and mind energies allowing one to deal with life's ups and downs with sense of equanimity. According to yoga, almost all psychosomatic disorders are caused by "stress" - an inability of the body/mind system to cope with the demands made on it - both professionally and in personal life. Whilst western medicine and psychiatry deals with stress with medicine that induces the release of "feel

good" hormones, this does not eliminate the problem. Yoga encourages us to deal with stress at the physical (with proper diet & Asanas -physical postures), physiological (with Pranayama-breathing practices), mental & intellectual level (with meditation) - and is therefore referred to as a holistic healing science.

At Shreyas, guests are encouraged to commune with nature (and experience its qualities of generosity, forbearance, patience and ability to nurture life), eat healthy vegetarian food, practice various yoga processes, and also interact with local school kids - all of this makes one connect with nature - both nature outside and within, also put our so called problems in perspective.

Shreyas will appeal to those who wish to understand and 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 – ideal for both men and women.

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.

Accessibility

By Air: To Bangalore, from Europe, Delhi, Bombay, Chennai, Trivandrum, Vishakapatnam, Calcutta. Followed by a 1 ½ hour drive (50kms)

Airlines: Air France, British Airways, Gulf Air, Jetstar Asia Airways, KLM, Lufthansa, Malaysian Airlines, Royal Nepal Airlines, Singapore Airlines & Sri Lankan Airlines

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

By Train: To Bangalore, followed by a 1 hour drive.

Transfers: The retreat is happy to arrange station / airport transfers at additional cost.

Accommodation

Accommodation comprises various tents and cottages spread around the expansive gardens and premises. There are 8 twin / double tents in the Gardens, 3 double rooms by the poolside and 1 three bedroom cottage. The

tents are excellent with fixed bases and superb bathrooms which are semi-open to the skies. Each tent has its own verandah and they are well spread out to ensure privacy. The rooms are located next to each other near the swimming pool and main lobby and there's a 3 bedroom cottage in the gardens. Each has an attached, state of the art bathroom. All the rooms and tents are done up in calm, earthy colours and in an almost minimalist / 'Aman' style. The linen & furnishings are of the highest quality and the 'finish' of almost every aspect is second to none—immensely stylish & comfortable.

All the bedrooms are 'no-smoking' and are on ground level so there is easy access for wheelchairs. Each is air-conditioned, has an overhead fan, tea and coffee making machines. Internet connections are available in all cottages. The rooms do not have Televisions or CD players. There are showers rather than bath tubs in each room. Hair dryers are available in all rooms and heaters are available on request. Water at Shreyas is purified on site and is provided in all bedrooms and is safe to drink. Bottled water is charged extra.

Smoking is allowed in designated area only.

Dining

There is one dining room where guests are encouraged to dine together. On most nights dinner is 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'hote, 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 requests. The food is exceptionally good and comprises Indian, Continental and limited Oriental. As much as possible is grown or produced on the premises. No alcohol is served or allowed on the premises and all meals are vegetarian. 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.

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

All meals are included in the nightly room rate (excluding room services meals).

Meal Times

There are fixed meal times with breakfast being served at 9am, lunch at 1 pm and dinner at 8pm.

Children

One extra bed can be provided for children up to 12 years of age. Due to the peaceful nature of this retreat, it is not ideal for boisterous children, although they are welcome.

Baby sitting services are available.

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.
Check-in / out time	12.00 pm. Extended check-out subject to negotiation and availability.
Electricity	220 volts. The standard two round pin adaptors work.
Credit cards / currency	The resort accepts Amex, Visa and MasterCard. Sterling, Euro and Dollars are accepted. There is no money changing facility
Mobile telephones	Mobile telephones work here.
Internet Access	Each room has access to broadband internet connection.
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 from November through February but September/October and March/April are 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.
Opening and closing	The retreat remains open 365 days per year.
Pests	Mosquitoes tend to be around for about one hour in the evenings. The retreat combats this with the burning of citronella incense and anti-mosquito oils. Guests are also provided with mosquito repellent if required.
Retreat facilities	One of the finest yoga pavilions in South India. The Yoga hall is open-sided and overlooks peaceful gardens (all yoga sessions are included in the daily room rate) Well equipped gym A large temperature controlled and ozonated infinity pool, 25 x 6m Outdoor Jacuzzi (by the swimming pool) Indoor steam rooms Amphitheatre Two spa treatment cottages offering Indonesian, Swedish, Aromatherapy and Thai massages Walking track around the gardens Cricket net with all the necessary equipment, including a professional bowling machine, for guests to practice their batting skills or to get rid of some aggression

Extensive library for guests to borrow books
Comfortable, peaceful sitting room for guests to relax in
Fully equipped movie theatre
Cookery sessions
Chanting
Meditation
Community exercises
Classes for local traditions ie Sari tying, Henna, Rangoli,
Garland making

Retreat services

The retreat is available for exclusive use and residential workshops.
The retreat can arrange vehicles for taking local excursions.
Wellness consultations (one is offered upon arrival & is included in the nightly room rate).
Direct dialling STD / ISD facility in all cottages
E-mail checking facility in the office (free of charge)
Highly qualified Yoga instructors
Airport transfers are arranged on request
Bicycle rentals can be arranged to explore the surrounding areas.

Possible excursions

Visits to Bangalore, Mysore, Belur, Halebid, Srirangapatnam, Sravanabelagola and local tour to rural temples

Average length of stay

Three to seven nights. Guests looking to deepen their knowledge of yoga can take extended stays of 14 – 28 days.

Payment / cancellation

Pre-payment of 50% is compulsory at the time of booking and the balance is payable 30 days prior to arrival. If cancelling within 30 days prior to arrival, the 50% deposit is forfeit. For cancellation within 15 days prior to arrival, 100% cancellation charges apply.

Reservations

Reservations may be made by telephone to Mr Balaji on +911 80 2773 7183 / 773 7102 (or) by fax on: +91 80 2773 7016 or 00 4487 1247 1510 (or) by filling in the booking form available on the website (or) by an email to reservations@shreyasretreat.com
There is no minimum stay requirement except during the busy December/January period

Packages

Occasionally Shreyas has special packages available. Either visit our website www.shreyasretreat.com or mail them at info@shreyasretreat.com to know on the current packages.

Seasonal surcharges	There is no supplement charge during Christmas and New Year, but a minimum stay of 3 nights is required between 15th December and 10th January.
Government Taxes	Rates are subject to 10% service charge & 13% government taxes.
Owner	Pawan Malik / Inner Challenges Pvt Ltd
Contact	Mr. Balaji