



7 Day Retreat

Yoga restores balance into our lives, resolves our inner conflicts, enables total excellence and allows us to fulfill our potential to become complete human beings. According to Yoga, each living being has a nervous system, no matter how rudimentary, which acts as a localized reflector of an all pervading Consciousness, just as a mirror reflects light. Right understanding and practice of Yoga enables us to reach beyond our habitual thinking patterns and purify the nervous system, thereby allowing it to better express the qualities of this Consciousness - Intelligence, Creativity and Bliss.

A 7 Day stay will comprise 30 hours of Yoga processes and is designed for you to discover how this time tested science makes your body/mind energies stronger and helps you find the right balance between the need for a fulfilling and successful material life and the overall quest for peace and happiness.

Our Yoga classes are based on classical Hatha Yoga combined with Pranayama (breathing related) and Pratyahara (internalisation) processes drawn from the Yoga Sutras – an ancient yogic doctrine that aims to integrate our body, mind, heart and souls for complete living. There is no dogmatic religion practiced at Shreyas and people of all faiths are welcome.

All programs & yoga classes are conducted by Inner Challenges, the life-coaching company dedicated to applying the wisdom of the Vedas and Indian spiritual tradition to enrich the professional and personal lives of our guests.

Yoga Retreat Rates

	Description of Package	Rates
	<p>7 Day / 6 Nights Yoga retreat package</p> <p>A yoga retreat at Shreyas includes 30 hours of Hatha yoga and Meditation classes, lodging and delicious vegetarian meals.</p> <p>Your time is structured carefully to allow you to experience not just the physical aspects of Yoga but Karma Yoga (selfless work), Mouna (silence) and learn about nature & farming.</p> <p>The package also includes</p> <ol style="list-style-type: none"> 1. One Wellness Consultation 2. Airport transfers 3. 10% off rejuvenation massages 	<p>US\$ 1850</p> <p>[US \$ 1400 Until 20th December 2004]</p>

RATES: All rates are in US\$ and **INCLUSIVE** of 10% service charge and approximately 12% government taxes. Rates and government tax are subject to change without notice. The payment is processed in Indian Rupees at the applicable exchange rate on the day of processing.

BOOKING CONFIRMATION & DEPOSIT REQUEST: A reservation is confirmed at the time of booking and a request made for deposit payment. The deposit equal to 50% of the total experience must be received within 7 days to guarantee the booking; otherwise the reservation will be released and is subject then to availability.

CANCELLATION POLICY: If cancellation occurs within 30 days of arrival, the deposit will be held in credit for a six-month period to permit guests to rebook. Failure to use the credit within six months will result in the forfeit of the deposit.

SUPPLEMENTARY COSTS: We can arrange airport transfers, car hire, and private drivers for the duration of your stay, onward air or train travel. Please contact Shreyas and we can help ease the way.

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