



Shreyas - A retreat in Bangalore

Shreyas is a retreat for discerning guests to step away from the hectic demands of modern life and spend time in unwinding, reflection, rejuvenation and rediscovering the simple pleasures of life.


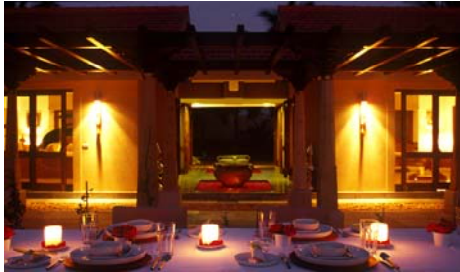
Set in 25 acres of pristine countryside, 1 ½ hour's drive from Bangalore city airport, Shreyas offers its guests a home away from home. In terms of ambience, design, interiors, service and comfort, Shreyas has been compared to elegant “5 star” Asian boutique resorts. Accommodation comprises of 8 luxurious and earthy “tents” with open-air shower rooms, and 4 luxury cottages.

The 20 guests that can be accommodated at one time have the rare luxury of being pampered by our carefully trained staff in a secluded, private and serene environment. Mealtimes comprise a range of home-cooked Indian, Asian and Western vegetarian cuisine. Please note that no alcohol is permitted at Shreyas and guests are requested to smoke in designated areas only.

At Shreyas, guests have access to daily yoga classes, stress management & wellness programs, rejuvenation massages, numerous packages on self-discovery, as well as a range of recreational activities.

Facilities include a rejuvenation massage center, yoga & meditation hall, a 25 meter heated & ozonated swimming pool, jacuzzi & steam room, outdoor amphitheater, home theatre and AV presentation room, a gymnasium, cricket net (with complete equipment including a bowling machine) and a jogging trail.

**Rates till 31 March 2005
Valid for overseas nationals only**

	Categories	Rates
	Tents/Pool Cottages	\$ 200 Single Occupancy \$ 250 Double Occupancy
	3 Bedroom Cottage (2 Twins & 1 Single Room – all with en suite bathrooms and a common living room)	\$. 375

1. Rates are inclusive of one night accommodation, all meals served in the dining area, yoga classes, one wellness consultation and usage of all facilities. All rates are subject to 10% service charge and approximately 12% government taxes. Rates and government tax are subject to change without notice.
2. 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.
3. Booking Confirmation: A reservation is confirmed at the time of booking and a request made for deposit payment.
4. 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.

An Inner Challenges Initiative
Golahalli Gate, Nelamangala, Bangalore – 562 123
+91 98100 72838, +91 80 – 2773 7183, +91 80 773 7102
www.innerchallenges.com