



## Discover the Monsoon at Shreyas - Pause. Breathe. Begin Again

Monsoons are magical at Shreyas; the gardens come alive with the onset of monsoon, lush and glistening in every shade of green. The scent of herbs and flowers, and rain-soaked earth fills the air. It is the perfect time to retreat into nature and return to the self.

When the skies turn silver and the scent of wet earth rises, something within us shifts. The monsoon slows the world down; it is an opportunity to pause, realign, and come home to yourself and rediscover the beauty of stillness. With every raindrop, nature cleanses and nourishes. And so can you.

Monsoon is considered an ideal time for Ayurveda therapies. The Monsoon Ayurveda Rituals at Shreyas are designed to restore your balance and realign your energies. Our treatments, like Abhyanga, Shirodhara, and steam rituals, work deeply to detoxify and rejuvenate the body and mind.

Discover our Ayurveda rejuvenation package ideal for this season

Ayurveda Rejuvenation Packages



## Seasonal Satvik Cuisine

Warm, gently spiced, and deeply nourishing—our meals are crafted to heal the body and mind, using herbs harvested fresh from our organic gardens.

Discover more



## Yoga Amid Monsoon Stillness

Experience guided yoga, pranayama, and meditation in serene open spaces, to the accompaniment of the hum of the raindrops.

Discover more

## Yoga Day Reflections





This International Yoga Day, the Shreyas team extended the spirit of yoga beyond our retreat.

This day was not just about practice but purpose too, reaching out to local schools and the KVS Children's Home through yoga sessions, wellness education, and mindfulness practices. A quiet ripple of change, drawing inspiration from the values that guide Shreyas.

Outreach programs were held across six local schools and the KVS, bringing wellness to young hearts, supported by the Shreyas Foundation. A small ripple of joy, rooted in a collective intention.

## A Word from Our Guests

*"Shreyas is not just a retreat—it's an awakening. I arrived seeking rest and left with clarity, peace, and a heart full of gratitude. Every corner, every meal, every smile from the staff felt intentional and full of grace. The monsoon made it even more magical."*

- *Sangeeta R., Mumbai*

In all my travels, I've never experienced silence the way I did at Shreyas. It wasn't empty—it was full of meaning. The rains made everything feel sacred. I left lighter, clearer, and deeply nourished.

- *Rohit M., Singapore*

Discover our seasonal offerings and monsoon retreat packages.

Contact  
us

### **Shreyas Retreat**

Santoshima Farm, Gollahalli Gate  
Nelamangala, Bangalore, India,  
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India



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