SRI SRI YOGA RETREAT
The Perfect Vacation
Gift yourself and your loved ones the perfect getaway with a Sri Sri Yoga Retreat. Spend a week away from the stresses of everyday life and renew your mind, body, soul. Experience a wide range of therapies that use the ancient wisdom of Yoga, Ayurveda and Naturopathy for healing, detox and rejuvenation. Take your pick from our range of offerings.

PAUSE. UNWIND. RELAX.
A holistic integration of Ayurveda, Asanas, Pranayama and Guided Meditations, Sukham lets you dive deep into rest and relaxation. This wellness retreat is designed to relieve you from day-to-day stress, the happy way.

4 DAYS

- Personalized Ayurvedic Consultation
- Rejuvenating Yoga & Meditation
- Delicious Ayurvedic Cuisine
- Customized Massage Therapies
Shuddhi

RENEW YOUR MIND, BODY AND SOUL

Cleanse your body, clear your mind and balance the 5 elements in you with the power of Yogic Detox. This detox retreat is designed to help you get rid of all the accumulated toxins, revitalize and reinvigorate your body, mind and soul.

5 DAYS

» Personalized Ayurvedic Consultation
» Customized Detox Therapies
» Rejuvenating Yoga & Meditation
» Detoxifying Ayurvedic Cuisine
Our experts will take you through a customized routine and diet to help you gain control over your body weight with ease. This retreat focuses on long term results, helping you shed those extra kilos naturally.

**14 DAYS**

**LEARN**
- Body Composition Tests
- Basics of Ayurveda
- Basics of Yoga

**SHED**
- Thorough Body Detox
- Customized Diet
- Intensive Fitness Yoga
- Intensive Massage Therapies

**SUSTAIN**
- Take-Away Diet Plan
- Dedicated Doctors to Craft a Routine
The scenic and serene Sri Sri Yoga Retreat Center is nestled atop the Panchagiri Hills in the outskirts of Bengaluru. The lush, verdant hillside resplendent with rich flora and fauna, a lakeside, a hub of various water birds, and a serene ambience lends itself naturally to meditation.

OUR RETREAT CENTER

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