

ANANDA IN THE HIMALAYAS
Tehri-Gahrwal, Uttaranchal

LOCATED in the tranquil Himalayan foothills, close to the mythological cities of Haridwar and Rishikesh, surrounded by graceful Sal forests, overlooking the peaceful Ganga as it meanders into the distance, Ananda has been awarded the best destination spa in the world by Condé Nast, more than once. The yoga spa aims to be a spiritual pathway to the ultimate, discovered through the union of body, mind and soul. It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but assists in redefining lifestyles to include the well-known traditional Indian wellness regimes of Ayurveda, Yoga and Vedanta combined with best of International Wellness Experiences to bring about the union of mind, body and soul. The spa has a huge list of celebrity clients, something that often more than not cannot be revealed and is quite popular within travel enthusiast circles in Europe and America.

At Ananda in the Himalayas, Palace Estate, Narendra Nagar, Tehri - Garhwal, Uttaranchal
Closest railhead Dehradun
Closest airport Dehradun



HEAL
yourself
on a
holiday

... seems to be the mantra that drives most people as they head to yoga retreats across the length and breadth of India, following a trend that is fast catching up across the globe as well

Team After Hrs
WITH the winter just setting in, most of India is finally ready to embrace tourists from across the world — and the one agenda on most of their minds: get to a yoga retreat. Combining healing with your holiday does seem like the perfect mix, but when you do decide to choose your destination for that amazing experience, choosing the right one also matters. We, at *After Hrs.* decided to do your homework for you and here are four of the best yoga retreats across the length and breadth of our beautiful subcontinent. That said, do not get lazy and try and read up as much as you can on all of them, before you make your choice. Happy healing!

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LOTUS YOGA RETREAT
Canacona, Goa

NOW, moving to an international favourite, the Lotus Yoga Retreat, tucked away in the southern end of the Patnem Beach in Canacona is now world famous thanks to Simon Low, who is one of the founders of Tri-Yoga in London's Primrose Hill. Simon now also runs the teacher-training Yoga Academy, both of which put him at the forefront of yoga teaching in the UK. He runs yoga holidays in various locations, but the chance to experience his teaching in Goa shouldn't be missed. Lotus specialises in body and spirit wellness to bring body and spirit into balance. They believe that if there is a harmonic flow of energy through the body it improves general well-being and are hence dedicated to helping you live a happier, healthier, more fulfilling life.

At Lotus Yoga Retreat, Patnem Beach, Canacona, South Goa
Closest railhead Margao
Closest airport Panaji



THE Sivananda Yoga Vedanta Dhanwantari Ashram is your perfect destination if full immersion yoga is what you're after. This ashram in the foothills of Kerala's Western Ghats will provide that and much more. On its two-week yoga holidays, participation in all aspects of life of the ashram is mandatory, including an alcohol-free vegetarian diet, silent meditation, lectures on yoga and participation in karma yoga which involves an hour a day of helping with tasks around the facility. The idea is that giving yourself up to the timetable in this manner is extremely relaxing and can lead to a deep spiritual awareness within your yoga practice. Sounds perfect, no?

At The Sivananda Yoga Vedanta Dhanwantari Ashram, Neyyar Dam P.O., Thiruvananthapuram, Kerala
Closest railhead Thiruvananthapuram
Closest airport Thiruvananthapuram

SIVANANDA YOGA ASHRAM
Thiruvananthapuram, Kerala



SPA NIRAMAYA

Kovalam, Thiruvananthapuram

EARLIER known as Surya Samudra, Spa Niramaya is one of the most luxurious yoga and spa resorts in the South of India. Their therapists are trained in yoga, meditation, authentic Thai and Western relaxation techniques and traditional Asian therapies like reflexology. Taking their holistic offering one step further, the spa offers a customised chef service where meals are tailor made,

according to your dietary requirements and those suggested by the spa's doctor, who is always on-call for a personal consultation. With personal attention a priority, a vacation here ensures a perfect balance of international spa therapies, a cleansing spa diet and clean, fresh air with your worries a world away.

At Pulinkudi, Mullur PO, Thiruvananthapuram
Closest railhead Thiruvananthapuram
Closest airport Thiruvananthapuram

SHREYAS RETREAT

Bangalore, Karnataka

NOW, we've been to this one and we really think the proximity to a city like Bangalore helps quite a bit. Get onto the Nelamangala flyover and in no time you are within the green environs of this wonderfully laid-out yoga resort. The world changes the moment you step in and from the very first fragrant welcome to the *desi*-style cooked meals, as healthy as healthy gets — this is one of those places that heals you from within. Let the cool air of the surroundings relax you as you go through intensive yoga sessions, massages, spa therapies and long walks. And just in case you lose track of civilisation, head to one end of the property, lie in a machan and watch a train go by. That's what we call bliss.

At Shreyas Retreat, Santoshima Farm, Gollahalli Gate, Nelamangala, Bangalore, Karnataka
Closest railhead Bangalore City
Closest airport Bangalore International