



**SHATHAYU**<sup>®</sup>  
AYURVEDA YOGA RETREAT



Sriatrayu Retreat



**125**  
Years of Legacy



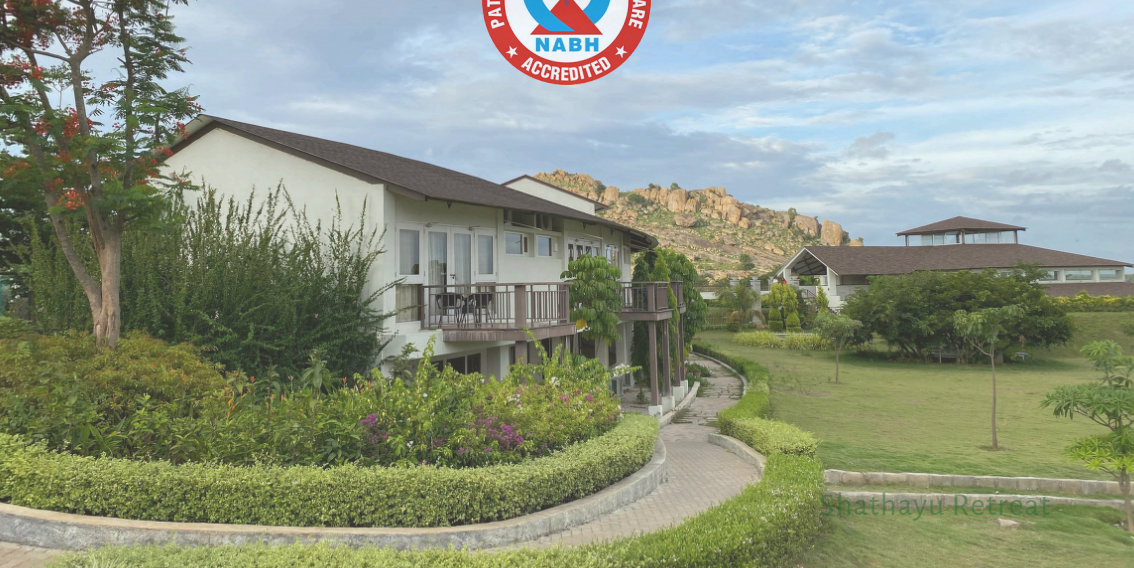
## Discover Serenity and Rejuvenation at Shathayu Retreat

Experience a harmonious blend of ancient healing traditions and modern comforts at Shathayu Retreat. Nestled in nature's embrace, our sanctuary offers a transformative journey towards holistic well-being. **Guided by a team of esteemed doctors and therapists,** embark on a path of vitality and balance. Indulge in revitalizing treatments like **Ayurvedic massages and invigorating yoga sessions, meticulously designed to restore harmony to your mind, body, and spirit.** Whether you seek to Rejuvenate, cleanse, or Relax our tailored Retreat experiences cater to your unique wellness goals. Step into a world of tranquility and wellness at Shathayu Retreat, where every moment is a journey towards rejuvenation."

## A Legacy of Tradition and Excellence

Established in 1901, **Shathayu celebrates 125 years of excellence in Ayurveda,** spanning clinics, retreats, and products. Renowned for its traditional healthcare, Shathayu offers holistic treatments for various ailments and lifestyle disorders across its verticals. Shathayu Retreats offer serene environments for rejuvenation, featuring **Ayurvedic treatments, yoga, and meditation.** Shathayu remains committed to restoring balance and vitality through authentic Ayurvedic therapies, inspiring and enriching lives with its profound legacy.

Shathayu Retreat





# 125

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## Shathayu Retreat .... A Sanctuary of Healing

Discover a sanctuary of healing at Shathayu Retreat, where lush greenery, undulating hills, and a serene lake create an oasis of tranquility. Our retreat boasts **over 45 exquisitely designed rooms, a dedicated yoga hall, a state-of-the-art therapy center,** and a soul-nourishing greenery and garden, offering a haven for relaxation and rejuvenation.

As a **NABH-accredited facility, we accept all Indian health insurance coverage,** ensuring easy access to our comprehensive range of treatments and therapies. Conveniently **located just 15 minutes from Bengaluru International airport.**

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## Your Retreat Experience

At Shathayu Retreat, your well-being is our top priority. Our comprehensive wellness packages include:

**Luxurious Accommodation:** Indulge in a serene stay in our well-appointed rooms, featuring modern amenities and picturesque views of nature's beauty.

**Daily Yoga Sessions:** Reconnect with your inner self through daily yoga classes led by experienced instructors, designed to nurture your body, mind, and spirit.

**Revitalizing Ayurvedic Massages:** Experience the healing touch of Ayurveda with a variety of rejuvenating massages and therapies, tailored to your individual needs.

**Nutritious Vegetarian Cuisine:** Delight your palate with delicious and nourishing vegetarian meals, prepared with fresh, locally sourced ingredients to support your wellness journey.

**Meditation and Mindfulness Practices:** Cultivate inner peace and mental clarity with guided meditation sessions and mindfulness practices, fostering a sense of balance and tranquility.

**Nature Activities:** Immerse yourself in the beauty of nature with scenic hikes, nature walks, and outdoor adventures, reconnecting with the natural world and rejuvenating your spirit.

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## Tailored Wellness Packages

Indulge in our specialized wellness packages designed to address your specific needs and concerns. Choose from **7/10/14/21 days packages**.

**Rejuvenation Retreat:** Experience the anti-aging benefits of rejuvenation therapies that detoxify the body and enhance metabolism, leaving you feeling revitalized and renewed.

**Detox Retreat:** Cleanse your body at the cellular level with intensive detox methods that restore balance and vitality, offering relief from disease conditions and promoting overall well-being.

**Woman Wellness Retreat:** Address the unique health needs of women while releasing emotional stress and revitalizing mind and body.

**Stress Relief Retreat:** Unwind and recharge with personalized stress relief programs that combine yoga, meditation, Ayurveda therapy, and more to restore inner harmony and peace.

**Weight Management:** Achieve your desired weight with medically-supervised programs that focus on treating the root cause of weight gain through holistic techniques and lifestyle modifications.

**De-Stress:** Escape from daily stressors and rejuvenate your mind and body with precise and scientific de-stressing treatments, leaving you refreshed and revitalized.

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## Customized Treatments for Your Well-being

In addition to our wellness packages, we offer ailment-specific treatments for a range of health concerns, including **Musculoskeletal disorders, Diabetes, Infertility, Migraine, Parkinsonism, Post-surgical rehabilitation, Paralysis, De-addiction, Mental wellness**, and more. Our expert team is dedicated to providing personalized care and support on your journey to optimal health.

## Accommodation

At Shathayu Retreat, we offer accommodation that blends traditional Indian design with modern European amenities and standards of hygiene. **Our guests can choose from three distinct accommodation categories**, each equipped with an en-suite bathroom, air conditioning, and a fan. Our luxury rooms offer **stunning views of the lake and are nestled in the midst of rolling hills**.

## Activities

Indoor games, Culinary Experience, Sessions about Ayurveda, **Guided Hiking & Nature walk**, Outdoor adventure, Temple and village visit.

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## **Book Your Retreat Today**

### **Shathayu Ayurveda Yoga Retreat**

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