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STAYS

Refresh Your Senses At These 8 Lesser-known Yoga Retreats In India

BY BAYAR JAIN 25 Apr 2021 08:00 AM



Lesser-known Yoga Retreats In India — practise [yoga](#) in the lap of nature, detox with Ayurvedic massages, and sign up for personalised diet plans at these wellness retreats in India for the nourishment of your mind, body, and soul. By Bayar Jain

Lesser-known Yoga Retreats In India

[SOUKYA INTERNATIONAL HOLISTIC HEALTH CENTRE](#)

BENGALURU, KARNATAKA



SOUKYA International Holistic Health Centre has ample green spaces, including private gardens and an organic farm.

Spread over 30 acres of an organic farm, SOUKYA is a residential medical institute that offers curative and customised treatments for over 100 medical conditions. Every room comes with a private garden to soothe the senses. The institute also has an exclusive medicinal garden with over 300 healing herbs and plants. Apart from integrative medicine, including Ayurveda, panchakarma, homeopathy, naturopathy, and [yoga](#), the retreat offers activities such as birdwatching, cooking demonstrations, and musical programmes for the holistic rejuvenation of its guests.