



(Top) The resort's inviting swimming pool; (Above) One of the four rooms at Tapasya which are built around a central courtyard and done up in earth shades

and reduces stress. In fact, you can even be lulled to a blissful slumber by the rhythmic movements. Else try the *abhyanga*, a whole body massage with essential and medicated oils sourced from Kerala. To supplement these treatments there is also yoga sessions offered in the midst of nature on a platform constructed below two neem trees! The yoga sessions include *kriyas* that are used to balance any disorders, *asana* or yogic postures and *pranayama* or

breathing techniques. There are also guided meditation sessions to relax the mind. The naturopathy treatments are yet to start but are in the pipeline.

ACCOMMODATION OPTIONS

There are four rooms at Tapasya which are built around a central courtyard and done up in shades of brown. There is a dining space here and food is served to guests here based on the prescription of the doctor and

is completely vegetarian. There are also plans to set up live cooking counters on the lawns where guests can also cook per the prescribed diet plan! Adjoining this space is Ankit Vista a sister resort that offers a range of accommodation options and is designed as an outbound corporate training space with a whole range of activities as well. The main structure is called Pragnya and has three banquet halls with a courtyard and a range of indoor games. Trupthi is a multi-cuisine restaurant that serves both a buffet and has an a la carte menu. Given the close proximity to Bengaluru, the resort also offers a day package called Dinacharya which is a great way to experience all that is on offer in a day. So you can get to experience a country side walk, be part of a group yoga session, experience ayurvedic treatments, attend group pranayama and meditation sessions and have all meals as well. An ideal getaway from Bengaluru's hustle and bustle, Tapasya is the place where you can give your body and soul a rejuvenating boost. ■

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HOW TO GET THERE

Nelamangala can be reached via road and rail from Bengaluru which is about 48km away and is also a part of Air Costa's network. For Air Costa flight details and timings, please refer to the 'Flight Schedule' pages at the end of this magazine.