
19th - 26th Apr 2025
YOGA QIGONG & MEDITATION
TURKEY
Springtime woodland, river and beach retreat

TURKEY

In the southwest coast, Dalyan is a small town in the middle of Dalyan Delta in Marmaris, an area which is considered a natural wonder where lake Koycegiz unites with the Mediterranean Sea via the Dalyan Delta. An area which is know for its pristine sea and history dating back to the fourth century BC, it has opulent forests and a unique nature reserve which is home to about 250 species of birds including the Hawksbill and Loggerhead turtles.

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About the retreat centre

Our retreat is located in an elevated position in a forested conservation area overlooking the Sülüngür Lagoon with spectacular views across the beautiful Dalyan delta and Istuzu beach.
The venue offers utter peace and privacy, it's immersed in nature, creating a calm and conducive atmosphere to your yoga & qigong practice.
The venue is sited around a hill and has steps up to the yoga shala which has wonderful views.
There is also a private lagoon that can be reached by a 15-minute (steep-ish) walk through the forest, so please take this into consideration when booking and bring your walking shoes. Bedrooms are all ensuite and suitable for single, double or twin. Some rooms have with balconies with forest views.
This is a unique and secluded place with unbeatable views and surrounded by quiet and peace. There is a medium sized pool and a fully equipped yoga shala, and of course, delicious meals for which Turkey is renowned.

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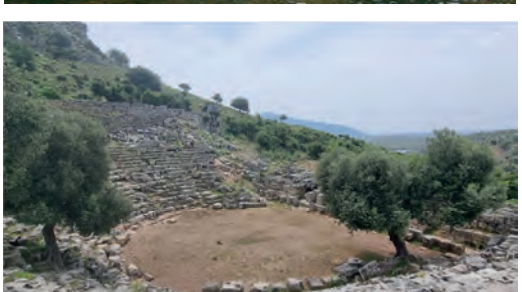
A little about Dalyan

Iztuzu beach is the largest in the area at 5 kilometres long. In 1988, international and British conservationists stopped the construction of hotel facilities on the beach and the entire region is now considered a unique nature reserve. The beach is home to the Sea Turtle Research Hospital and Rescue Centre which rescues and rehabilitates injured Loggerhead turtles Caretta Caretta in Turkey – the largest hard-shell turtle in the world. Dalyan also has several landmarks, probably the most famous are the monumental rock tombs, which the Lycians used about 2000 Years ago to bury their dead high up, close to the sky. There are also three thermal / mud baths in Dalyan. The most famous being Sultaniye, which is said to be good for rheumatic and skin diseases. Dalyan, is a stunning part of Turkey and offers boat trips, riverside restaurants, local markets and shops, forest walks, plenty of nature, conversation, vast beaches , small coves and very blue seas.



TURKEY

The Yoga & Shala

We practice in nature.
Our yoga shala is immersed in nature,
creating a wonderful atmosphere
conducive to the beauty of yoga & qigong.
We forest bathe & practice, as we tune into birdsong
and the hum of cicadas while on the yoga mat.
The shala is fully equipped, so no need to bring
a yoga mat, unless you wish to.

Morning sessions

Cleansing breathwork (pranayama)
Meditation
Journaling
An exploration of yoga flow through traditional postures
fused with contemporary movement & mobility ideas
Each session ends with relaxation.

Afternoon sessions

Delving into softening practices through
a fusion of qi gong, mellow asana stretches,
restorative and yoga relaxation.
Yoga nidra & meditation.

Accommodation

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There are ten comfortable
air-conditioned ensuite bedrooms.
Rooms are suitable for
single occupancy, couples or
twin sharing accommodation.

All the rooms have been fashioned
from the existing old farm buildings
in the forest, and are authentically
Turkish to remain
as cool as possible in the heat.
Some rooms house the old
farm stone walls, and some with a
tradiational wooden ceiling.
A few rooms have a balcony
and others forest views and a terrace.

All bed sheets. towels and pool towels
are provided.

Spacious room 1st floor with balcony
Sharing price £995pp
Single Occupancy £1195
SOLD

Medium size room ground floor with terrace
Sharing price £995pp
Single Occupancy £1125
SOLD

Spacious room with kitchenette, no balcony
Sharing price £995pp
Single Occupancy £1175

Spacious room with kitchenette AND balcony
Sharing price £1025pp
Single Occupancy £1205
SOLD

Medium size room with balcony
Sharing price £965pp
Single Occupancy £1145
SOLD

Good size room, no balcony
Sharing price £945pp
Single Occupancy £1125
SOLD

Extremely spacious room, no balcony
Sharing price £995pp
Single Occupancy £1175

Small room with tiny bathroom
Single Occupancy £895
SOLD

ABOUT THE TEACHER

For those who attend my classes and private sessions, I offer a plethora of learnings through traditional yoga teachings coupled with contemporary anatomy / physiology knowledge and research with the aim to help students feel empowered in taking sovereignty over their body and mind, not only in yoga but in life.

My teaching is mindful, there is no zipping from posture to posture in my sessions as I endeavour to feel deeper into each person's individual anatomy, energy, and mind while on the yoga mat.

We are all unique and there is no one 'right' way to explore yoga. Through my experience and training, I look to bring to the surface the uniqueness of each individual I teach.

I am a lifelong creative and this shows through in my sessions, as I teach yoga with an undogmatic approach by exploring practices that 'colour' within and outside of traditional yoga teachings. This is felt through individual alignment needs, positive movement, and balance work for ageing with strength, flexibility and confidence, ideas for everyday functional movement and basic neuroscience learnings.

Whether you are seeking yoga to release body tension and stiffness or to find stillness and peace of mind through a deeper journey, you have the freedom to absorb the teachings I offer which resonate with you.

Through years of teaching, I am delighted that my classes attract diversit through culture, ethnicities, ages (my oldest client is 92), varying abilities, body size, gender, neurotypical, neurodivergent, from the super fit to those who are very, very poorly. This is important to me and is what makes a kind and healthy community.

I follow my passions in life; Movement, Art, Nature and Story. Yoga for me is a lifetime practice. The teachings are a long road, one I still travel every day. It's not always an easy road but it gives me a healthy ability to regulate myself and face difficulties and life stresses, rather than shy away from them. This practice gives me independence of movement and thought. It showers me with awareness, awe, and love for this one life. It keeps me curious and helps me question standard societal narratives through a yoga lens. Yoga is my way of life with tangible tools of breath work, meditation, focus and movement to keep me grounded and present of mind. It keeps me calm and content (most of the time, nothing is perfect) and helps me sit with an address 'what is arising' from moment to moment whether joy or difficulty.

Physically, yoga gives me amazing practices to balance fluctuating energy levels and regulate my nervous system as I grow older and wiser in years. The stretches, mobility, isometric strength holds, stillness and movements keep me supple and responsive through muscles, joints, balance and cognition. All of which leads me to embrace my ageing body and not fear it. For me, yoga is a whole-body experience, with depth and meaning which I consider to be the real magic in helping me be fully present to my one precious life.

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Deposit
A non-refundable deposit* of £300 is required to secure your place.

Final balance due by 28th Feb 2025.
To reserve your place please email heykarmayoga@hotmail.com

Cancellation notice (received by email)
Cancelling more than or exactly 1 year before the date of your booking 0% of total booking fee forfeited.

Cancelling less than 1 year but more than or exactly 8 weeks before the date of your booking 25% of total booking fee forfeited.

Cancelling less than 8 weeks but more than or exactly 2 weeks before the date of your booking 50% of total booking fee forfeited.

Cancelling less than 2 weeks before the date of your booking 100% of total booking fee forfeited.

*In the event you cannot attend the retreat, and a replacement attendee is found, then an admin fee of 20% of the deposit (£70) will be incurred and the remaining deposit will be refunded.

Need to Knows

Insurance
It is a condition of your booking, that you take out travel insurance to cover any cancellations, health, pandemics and other eventualities.

Check in and out
Check-in time is on Saturday after 3pm.
Check-out is on Saturday at 10am. If you leave on a late flight, we can help with luggage storage and arrangements.

Flights
You will be flying to Dalaman, Turkey.
EasyJet, TUI, British Airways, Wizz & Jet2 all fly to Dalaman.
Do opt for a sociable hours flight time, so you're not left waiting until morning for your transfer to the retreat.

The average flight time from the UK to Dalaman is 4 hours.
You must have a valid passport with at least one blank page, valid for at least 6 months after the day you leave Turkey (check the expiry date)

Transfer Information
The transfer from Dalaman airport to the retreat takes 25-30 minutes.
Transfers to and from the airport in Dalaman are **not included and cost around £45 return.** Transfers will be arranged for you and transfer costs are averaged out, so everyone pays the same, whether arriving as part of the main group or singly.
All transfer payments will be paid at the time of the stay in Turkey.

What's not included
Flights
Massages (to be booked when in Turkey)
Transport to/from the airports in the UK and in Turkey
Travel insurance
Alcoholic & soft beverages
Transport for exploring the island
Any COVID testing, PCR or lateral flow tests.
If you need to isolate in Turkey this will be at your own cost.
Tips for the staff

Finally
I am foremost a Yoga Teacher, not a Travel Agent, I will endeavour to do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions, or if I have missed any information that you might need and I'd be delighted to assist.

SEE YOU IN TURKEY
Much love and light
Paula