



31st Aug - 7th Sept 2024

YOGA QIGONG & MEDITATION

TURKEY

A summertime forest and sea 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 known 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 beach 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 special, unique and secluded place with its combination of unbeatable views, comfortable accommodation, a 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

Meditation

Pranayama

An exploration of traditional yoga postures with contemporary movement & mobility practice.

Each session ends with relaxation.

Afternoon sessions

Delving into softening practices fusing together qi gong, mellow asana stretches, yoga relaxation / nidra & meditation.

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Accommodation

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

All the rooms have been renovated from the existing old farm buildings in the forest, and have an authentic Turkish charm to remain as cool as possible in the heat.

Some rooms have a balcony and forest views.

All bed sheets and towels are provided.





ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 25 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach.

Creating a yoga practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings.

I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.

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Investment in your well being
Shared occupancy £895pp
Single occupancy £1075pp

A non-refundable deposit* of £250 is required to secure your place.

Final balance due by 1st June 2024.
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 2pm.

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