

Nourishing and Relaxing Yoga Retreat in Dalyan, Turkey

with Lisa Dunn
14th - 21st June 2021



Join me for a 7-day relaxing retreat and explore the healing powers of yoga in the beautiful surroundings of the Villa Cabrece, also known as Spectrum Yoga Retreat.

June is the perfect time to experience this divine place, situated a short distance from the resort village of Dalyan, which is just inland from the beautiful, award winning, Iztuzu beach. Dalyan is famous for its riverboats, mud baths, hot springs, shopping, weekly market and great food.

Immerse yourself completely in relaxation. During your week at this magical retreat you will use your body and your breath for contemplation and transformation, with a combination of yoga asana, afternoons by the pool, and sunset meditations in the garden. Enjoy sun-drenched days on the beach and delicious vegetarian Turkish meals. Expect to create new bonds, share surprising conversations & laughter and still find plenty of time for self-reflection.



About Spectrum Yoga Retreat

This spacious retreat is situated in extensive grounds within the conservation area on the outskirts of Dalyan. There are plenty of sunny and shaded areas to relax around the swimming pool or in the grounds. Yoga takes place twice daily in the wonderfully airy yoga space. It is a natural paradise and the perfect place for complete rejuvenation.

Situated in southwest Turkey, just a 10-minute bus or short riverboat ferry trip from the stunning coast, Spectrum offers easy access to excellent beaches for relaxing and enjoying unforgettable sunsets. There are many excursions on offer during the week, and trips to explore further afield on the one free day.



The daily programme

07:00 – 07:30 Teas, coffee, fruit

07:30 – 9:30 Yoga asana practice + meditation (2hrs)

09:30 – 10:30 Brunch

10:30 – 17:30 Day trip, free time, treatments

17:30 – 19:00 Yin restorative asana (90 mins)

19:30 – 21:00 Dinner

This is a flexible programme to allow for outings. There will be a yoga free day on Thursday to enjoy a lie-in as well as an optional boat trip or other excursion.

There will be two yoga classes each day (except for the yoga free day). Each yoga morning will begin with meditation and a gentle and energising yoga practice, to open the body and attune the mind to the breath.



After the morning session there will be a healthy and filling brunch. With several hours in the day to yourself, you can head off to one of the nearby white, sandy beaches, have a treatment with the massage therapist, enjoy a stroll into Dalyan to explore the shops, cafes and restaurants or simply relax by the pool.

The group will meet again in the late afternoon for a relaxing practice dedicated to nourishing yourself, including restorative, yin, pranayama and yoga nidra.

The retreat starts on Monday 14th at 7pm with a welcome meal. The last class is on the Sunday evening followed by a farewell feast. Five evening meals are included in the price of the retreat, leaving two nights free for dining out at the excellent local restaurants.

Accommodation at Villa Cabrece



Spectrum offers many single rooms which are located around the swimming pool and have mountain views front and/or back. All have en suite facilities (toilet, sink and shower), plus air conditioning and fly screens on the windows.

For some friends who like to share a room – and couples of course – there are also en suite twin/double rooms. These rooms are upstairs so have the added advantage of a balcony, with large French doors to the balcony with stunning views.

Price per person

Shared twin or double room £650

Single occupancy room £750

A deposit of £200, non-refundable, is required to secure your booking, with the full balance to be paid by 22nd March 2021. For further information or to book, contact Lisa at lisadunnyoga@gmail.com or call me on +44 7967 997 453. Or click on this link to access the booking form direct (you may have to copy and paste!) - <https://forms.gle/kxBCB5gWcbeWrBPB9>

Includes

Two yoga classes each day with one free day.

7 nights' accommodation & generous brunch each morning.

Four dinners at the retreat centre and Noon to Moon boat excursion with evening meal on Saturday.

Not Included

Transfers to and from the airport to the retreat centre. The costs for taxi transfers are below.

Dinner on two evenings is not included in the cost to give the option of dining out as a group or individually and explore the array of very affordable places to eat in Dalyan.

Cancellations

Whilst I wish to treat cancellations sympathetically, spaces are limited and the following charge must apply. Cancellation for your holiday, for whatever reason, should be notified to me direct in writing:

- Full Payments: For places paid in full and then cancelled the following applies:
- More than 12 weeks before the start of the retreat: 100% refund minus the deposit.
- 8 - 12 weeks before the start of the retreat: 50% refund minus the deposit.
- Less than 8 weeks before the start of the retreat no refund can be given.

It is strongly advised that you take out travel insurance which would cover you financially not only for unforeseen events that may occur whilst on holiday but also in the event of your needing to cancel.

Things To Do On Site

- Lovely yoga space, with all yoga mats, blocks belts, shawls and cushions for - meditation provided.
- Lots of chill out areas
- Aerial yoga swings and Stand Up Paddle board yoga in pool
- Swimming pool with sun loungers, umbrellas
- Outdoor cinema
- Free use of Bicycles.
- Excellent massage therapy

Excursions & Activities

- **Boat trips** are available - the all time favourite day out is to sail around the islands and bays of this stunning coastline on a traditional wooden boat which is my suggested group excursion on Thursday. There is plenty of time for swimming and sunbathing, with space to stretch out, as well as a shady deck area. A delicious lunch is cooked on board.



- **Fethiye** is about 40 minutes away and is the nearest large town. Set on a beautiful bay, it features shops, bazaars, seafront cafes, Turkish baths and the ruins of the ancient city of Telmessos.

- **The Turkish Baths in Gocek.** A delicious steam bath precedes a thorough scrubbing and exfoliation by attendants. Massages are also available here. Relax and refresh Sultan-style.



- **Turtle Sanctuary** visit on Iztuzu Beach
- **Markets** in Dalaman



Travel Arrangements

Dalaman is the nearest airport – a four hour flight from the UK. Villa Cabrece (Spectrum) is about 40 minutes from Dalaman airport. Transfers will be arranged for you and shared where possible. Depending on the numbers arriving at the same time the charge can be as little as £25 per person sharing a vehicle (4+), £30 pp for two and £50 for an individual transfer (a discounted rate). If you arrive or leave very late, or on another day you may be charged the full transfer cost.

Anyone travelling to Turkey is now required to purchase an e-Visa before entering the country - this can be purchased from the following website: [**www.evisa.gov.tr**](http://www.evisa.gov.tr) (As opposed to buying a visa stamp at the airport). The fee is \$20. The visa needs to be printed and taken with you to show at passport control.

Your passport needs to be valid for a six months for UK citizens from the date you leave Turkey. (please check for individual nationalities as this could be different for US/Canada citizens for example.)

Flights

There are many airlines that fly to Dalaman. It is best to take flights arriving and departing at sociable hours where possible to avoid long waits at the airport. Please arrive before 9pm on 14th June if possible. Here are a selection of websites for flights:

www.easyjet.com

www.ba.com

www.tui.co.uk

www.turkishairlines.com

www.skyscanner.net

Money - Turkish Lira

There is no need to bring Turkish currency with as you get a much better rate of exchange in Turkey and your taxi transfer will be added to your tab. It is normally the most economical option to change English money (for free) at the PTT (Post Office), or withdraw money from the ATM machines (it is recommend you use the one attached to the only bank in Dalyan where you can apparently get sterling and, therefore, won't incur bank charges). Please note, your tab at the centre (for excursions, massages, extra snacks & drinks) is payable in GBP.