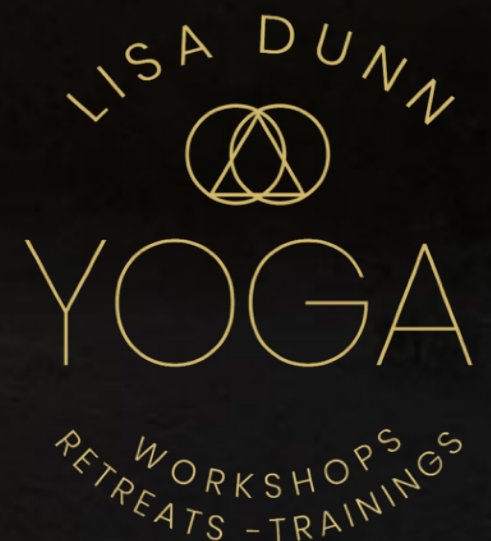


Dalyan, Turkey

15 – 22 May 2023

Nourishing & Relaxing
Yoga Retreat



The Location

Join us for an eight day relaxing retreat and explore the healing powers of yoga in the beautiful surroundings of the Villa Cabrece, also known as Spectrum Yoga Retreat in Southern Turkey.



May is the perfect time to experience this divine place, situated a short distance from the resort village of Dalyan, just inland from the beautiful, award winning Iztuzu beach.

During your week at this magical retreat you will use your body and breath for contemplation and transformation, with a combination of yoga asana, afternoons by the pool, and sunset sound healing and restorative/ yin in the garden.

Dalyan is famous for its riverboats, mud baths, hot springs, shopping, weekly market and great food. 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

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 and 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 ten-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.

We will take you on a journey of self-discovery in every area of your body, mind and spirit, moving in sync with the natural surrounds of this perfect location.





About us



Lisa Dunn

Having left a successful career producing documentaries for the BBC, I've pursued a passion for yoga and became a 500-hour certified vinyasa teacher.

I've been practising for 20 years and teaching for over twelve years and I've never stopped feeling excited about sharing the liberating effect yoga has had on my life. Yoga has taken me all over the world, and I teach at Suryalila Retreat Centre in Spain on Frog Lotus International training programmes.

More recently I've trained as a Katonah Yoga teacher, a Daoist methodology, and I will be sharing these profound teachings with you throughout the retreat.



Charmaine Berg

I was born and raised in Canada. I spent my 20's traveling, Mexico, South and Central America and Spain and I've been based for a number of years now on the South East Coast in Ireland.

I am dedicated to self study, inner healing, devotion and walking a path of self mastery. My ultimate hope is that I may in turn be able to help, lovingly hold space and gently guide others who are on their healing path.

I am an accomplished teacher in many disciplines and will be offering yin, restorative and sound healing sessions during the retreat.

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 our 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.



Saklikent Gorge



Turtle Sanctuary visit on Iztuzu Beach



The ruins of the ancient city of **Telmessos**



Markets in Dalaman



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

Swimming pool with sun loungers, umbrellas

Outdoor cinema

Free use of Bicycles

Excellent massage therapy



Programme

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, sound-healing and yoga nidra.

The retreat starts on Monday 30th May 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.



Daily Programme

Morning

Meditation

Yoga / Movement

Brunch

Afternoon

Relax / Explore

Restorative Yoga

Sound Healing

Evening

Dinner

Day Off

Thursday: Optional Boat Trip with BBQ and mezes

Accommodation



Spectrum offers many single rooms which are located around the swimming pool and have mountain views front and/or back. All have ensuite 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 ensuite 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.

Prices

PRIVATE ROOM

£950

SHARED ROOM

£800

Prices per person

Cancellations

Whilst we 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 Lisa direct by email lisa@lisadunnyoga.com:

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. £200
- 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.



Included

Two yoga classes each day with one free day

Seven nights accommodation

Generous brunch each morning

Four dinners at the retreat centre and two boat excursions with meals

Not included

Return flights to Dalaman, Turkey.

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

Dinner on one evening 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.

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 The visa needs to be printed and taken with you to show at passport control. You can apply for an e-visa at least 48 hours before travel and can do so up to three months in advance. Passports should be valid for at least six months from the date of entry into Turkey. There should be a full blank page for the entry and exit stamps in the passport. Please check for individual nationalities as this could be different for European/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 30th May 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

www.google.com/travel/flights

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.

www.lisadunnyoga.com

CONTACTS

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BOOK NOW

Click below to access the booking form and reserve your place

<https://forms.gle/3P9UvqqfHjk1YG4n9>

