

Spring Yoga Retreat on the Southern Turkish Coast Suleyman's Gardens - Huzur Vadisi



15th - 22nd May 2017

VENUE- Suleyman's Garden is in a stunning location overlooking the Mediterranean sea and islands, with swimming from a small rocky cove less than a ten minute walk away. It is also not far from the lovely Kovak beach, which is a fifteen minute drive or a beautiful hour long walk along a coastal path shaded by pine trees and complete with resident wild tortoises- like a Turkish version of My Family and Other Animals! Spring in Turkey is heavenly. There are wildflowers everywhere, the days are warm but the evenings cool enough to sleep comfortable and the sea is perfect for swimming.



YOGA- Yoga classes will take place in both the morning and the late afternoon, in the dedicated yoga shala. The shala is set amidst abundant vegetable gardens and fruit trees and has lovely views of the sea. There will be two yoga classes a day. The morning class will be a 2 - 2 ½ hour dynamic class which will combine creative sequencing, pranayama

and longer held poses and in the evening there will be a 1 ½ hour restorative practice & daily meditation, which will give you the opportunity to explore poses a little more deeply and to cultivate genuine space in both body and mind.



ACCOMODATION- The accommodation is in simple but very comfortable wooden cabins with balconies, or in traditional but recently built stone houses shaded by vines and flowers. Some of the rooms have views of the sea, whilst others have garden views. Most of the rooms are double occupancy (both double and twin beds), and there are also a limited number of options for single occupancy which carry a supplement (see price list).



FOOD – Meals are fresh, delicious and are mainly vegetarian though sometimes local fish is also used. Most of the produce is grown in Suleymans Gardens itself, so the taste is wonderful. The food is without a doubt one of the great highlights of the week, and it is almost worth going for it alone.



TRAVEL- The nearest airport is Dalaman, which is an hour and a half away from the venue. Transfers will be arranged for you for a small supplement depending on how many people do the transfer with you. Flight costs obviously vary depending on time of booking, but start from only £150 when booked early. Note that the travel day for flying and return is Monday.

PRICES- Prices include accommodation, full board and all yoga tuition. Massages (which come very highly recommended) and optional boat trips are extra and can be arranged when we are out there.

Shared Accomodation- £740

Shared Accomodation (twin or double) with ensuite- £790

Single Occupancy- £810

Single occupancy with ensuite- £890

Please stipulate at time of booking what accommodation you would prefer. It will be allocated on a first come- first served basis.

A non-refundable deposit of 50% is required to confirm your place, with the balance due no more than 6 weeks prior to the retreat. If it suits you can pay in full at the time of the booking, and only 50% will still be treated as deposit.

Payment is via cheque payable to Nicole Croft and sent to Manor Farm House, Cleveley, OX7 4DY or by bank transfer if that suits.

For any more information at all or to book your place, please don't hesitate to email Nicole@buddhabellies.co.uk or call Nicole 07533 889236

'Nicole's teaching is nothing short of life changing. She has the unique ability to open your mind as well as your body. I couldn't recommend her retreats or her teaching more highly'

'One of the best and most beneficial weeks of my life on so many levels. Nicole is a constant inspiration'