

YIN & YANG YOGA HOLIDAY WITH JOANNA

1 – 8TH OCTOBER 2012 at GRENADINE LODGE, DALYAN, TURKEY

I am delighted to be returning to Turkey for my 3RD Yoga Holiday here! There are lots of activities to do – Scuba Diving, Boat Trips, Hammam Spa, Massages, Thermal Mud Baths, Walking, Shopping Oooo... AND LOVELY Yoga too!...The list is endless!

Grenadine Lodge our small yoga hotel is in the conservation area between the village of Dalyan and the beach. If you can tear yourself away from the hotel swimming pool, small buses will stop by the hotel entrance every hour taking you to the beach. Or you can take one of the riverboats from the village, a slow 15 minutes walk away (3 minutes by taxi) or a short cycle ride.

Iztutu beach is within the national park. There are no buildings at or around the beach (see pictures left) as it is a conservation area with extremely strict access rules to protect the turtles which nest there.

At each end of the very long beach are changing huts, a cafe and sun beds with parasols. The boats arrive at one end and the buses at the other - in between these nothing but sand and sea. There is everything we need here - including those elusive, and cheaper, single en-suite rooms that everybody wants!



The hotel swimming pool is shaped in the regions of Turkey. It has a small waterfall and a Jacuzzi, plus lots more sunshades than are shown in the picture. There is also a typical Turkish tree house where students can relax. A small bar beside the pool serves cold juices and hot drinks.

Besides visiting the beach we can also arrange a variety of trips; students can rise early one morning to see the turtles as they sunbathe on the river, a visit to a typical Turkish family and village can be arranged. There are also hot springs, mud baths and a huge lake to explore - its a very beautiful region. A fantastic day out is the Ten Island Boat Trip. On Saturday mornings there is a large market in Dalyan village selling local produce, spices, fabrics etc. We can also arrange boat trips with barbeque lunches and a visit to a very old Hammam (Turkish bath).

If you are interested in history there is the ancient city of Kaunas on the other side of the river or travel further afield to the Ghost Town at Kayaköy which is exactly as it was when the Greeks left Turkey to return to Greece.



Yoga takes place twice daily on the new 'yoga deck' which looks out to the field to the mountains beyond. The outside yoga deck has been being built especially for us. It is shaded by bamboo screening which allows the air to circulate whilst keeping out the heat of the sun. PTO-->

Accommodation

The hotel has 14 rooms, all the rooms have air conditioning and en-suite facilities complete with a hair-dryer on the wall.

All rooms have en-suite facilities and full air conditioning. Suites have a small lounge area and outside deck with table and chairs. Upstairs rooms have a very small balcony space and limited views

Upstairs Rooms : the airy upstairs rooms are 'attic style'. Each has an outdoor space with limited views, en-suite facilities and full air conditioning.

Downstairs Suites: downstairs rooms have en-suite facilities and air conditioning. Each also has a small lounge and a third bed can be placed here if groups of students wish to share to further reduce the cost. Outside each room is a wooden deck with a wooden table and two chairs.

There is a small hotel restaurant and daily breakfast plus 5 evening meals are included in the cost of the holiday - extra evening meals are available on-site if you wish, however local restaurants are terrific and we do recommend you try them.

A large Turkish breakfast will be served after the morning yoga class and an evening meal on the arrival night and 4 other evenings. If the group wishes to eat more meals on site this is easily arranged for a small extra fee. Lunch is available for about £4 or you can just order a plate of salad which is about £1.

Food will be vegetarian unless we request otherwise - vegetables are grown as much as possible in the hotel's vegetable field. Fish is readily available in this area, please ask if you would like one of the meals to include a fish option, a small amount of meat can be offered on most evenings for non vegetarians.

Getting There Fly to Dalaman airport - call Debbie in the Free Spirit office for help finding flights on the internet.

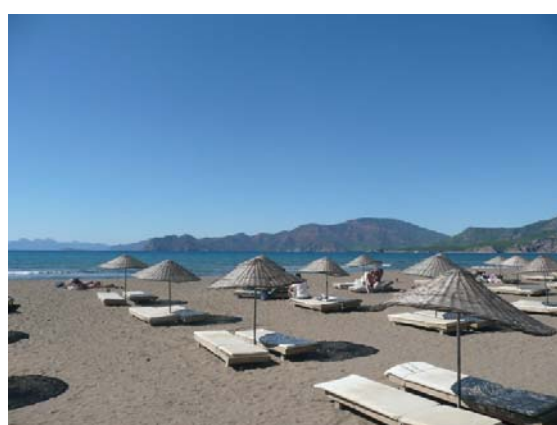
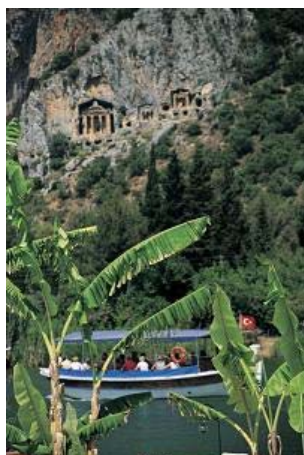
Transfers Both group and individual taxi transfers are offered by the centre. We will provide you with the airport meeting point and the names of the other guests in your transfer taxi. A taxi is 35 Turkish lira per person (£14) for a group transfer or 50 Turkish lira for an individual taxi (£20). The journey takes 30 minutes.

Includes: Tuition, accommodation, breakfast and dinner on 5 evenings (one to be the arrival night),

Not included: Flights and insurance, meals other than as specified.

Monday - Monday	Teacher	Programme	Downstairs Suites/Upstairs rooms			
2012			Single	Sharing	Single	Sharing

Oct 1ST	Oct 8TH	Joanna Najdich	Yin & Yang Yoga	£570	£505	£505	£430
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For more information please email Jilly at: [Free Spirit Travel](#) or call us on: 01273-564230

CONTACT JILLY AT FREE SPIRIT FOR SPECIAL DISCOUNTS FOR MY STUDENTS AND FRIENDS!