

## Yoga Holiday with Belinda Emberson in beautiful Turkey 22<sup>nd</sup> - 29<sup>th</sup> June 2020

Picture a holiday where you can relax in beautiful surroundings, dedicate yourself to a daily yoga practice, nourish your body with fresh healthy food and meet like-minded people. A time to slow down and simply be, to focus only on yourself and your well-being by taking time out from the chaos of everyday life to completely relax, detox and rejuvenate. I am delighted to offer you the chance to do just that by joining me for a 7 night yoga retreat at the highly regarded Spectrum Yoga retreat centre in the magical South Western area of Turkey. This exclusive retreat will have limited spaces available to allow a high level of teacher attention and support for guests



### The Venue & Accommodation



Villa Cabrece (Spectrum) is a very special and healing place, a dedicated venue created for like-minded people. The yoga centre is a short distance from the beautiful resort village and beach of Dalyan and is situated in extensive grounds, within the conservation area on the outskirts of the village. (See also Spectrum website [www.spectrumturkey.co.uk](http://www.spectrumturkey.co.uk) for further details and photographs.) Spectrum Turkey at Villa Cabrece is a homely, but exclusive, specialist group holiday venue for those who deserve the best.

### The villa offers the following facilities:

- 10 single en-suite, air conditioned bedrooms – 9 ground floor pool side, one larger upstairs
- 1 Shared (twin/double) room with en-suite and air conditioning – ground floor, suitable for people with disabilities or unable to manage stairs.
- 3 shared (Twin/Double) rooms with en-suite and air conditioning upstairs with shared balcony.
- Lovely 90m<sup>2</sup> yoga space, with all yoga mats, blocks belts, shawls and cushions for meditation provided
- Swimming pool with sun loungers, umbrellas
- Outdoor cinema
- Wireless Internet access, hairdryer, soaps, towels and linen provided.



There's an amazing amount of additional activities locally should you wish to venture out including Turtle rehabilitation centre, Market, booked massages and/or the Turkish baths as well as boat trips. The retreat has the added advantage of those elusive single (no supplements charged) poolside rooms. In addition Villa Cabrece is exclusive for each group. 7 nights B&B, 5 substantial traditional Turkish vegetarian evening meals .

## The Yoga

All yoga sessions will be taught by Belinda. Morning Hatha yoga will focus on sequences to build strength, focus and flexibility. The 4 afternoon workshops will be more restorative in nature and will include a mix of pranayama, meditation and relaxation. All yoga sessions will be suitable for all levels of experience with modifications being given so that there is a level at which all can work.



## What's Included:

- Accommodation - All rooms are en-suite. **10 single rooms available on first come basis for no additional cost.** 4 twin/double available on request.
- 6 x 1.5 hour morning hatha yoga classes
- 4 x 1 hour afternoon workshops covering Meditation and Pranayama. (There are two evenings where the guests go out)
- Food and Drinks as follows;
- Breakfast every day and lovely vegetarian evening meals for 4 evenings, (giving options to eat out locally also) plus all refreshments such as tea, instant coffee, natural spring water, in addition to a glass of fresh juice and cup of filter coffee.
- Plenty of free time to relax by the pool or in one of the many chill-out areas around the villa, explore the local Market, Mud baths, Turkish baths, amazing boat trips and massages or relax on the nearby beach
- Free use of Bicycles.

The retreat centre provide a lovely short introductory meeting on the first morning giving a lot more information about Spectrum, Dalyan, the excursions, how to get to the beach, visit the turtle rehabilitation centre, book massages and/or the Turkish baths



## What's not included:

- Flights
- Travel Insurance
- Airport transfers (Transfers will be organise by Spectrum typically £45 for individual transfer but as little as £22 for 4+ sharing a vehicle).
- You can also hire a car if you would like to explore further afield.

## Optional Extras

- Massage/therapies (to take place on-site) can be booked on request
- Option for a group boat trip on the Thursday (either locally in Dalyan, sailing down to the beach and along the coast, or 30 minutes away to do 12 islands where you also stop in several different bays – the latter is more luxurious) and the moonlight trip to the natural hot springs and mud baths. Both include a meal
- Arial Yoga or SUP (stand up paddle board yoga)



## Dates, Prices and Booking

- Monday 22<sup>nd</sup> June 2020 to Monday 29<sup>th</sup> June 2020
- £ 650.00 pp - Early bird booking of £600.00 if booked before end September 2019.
- A deposit of £300, non-refundable, is required to secure your booking, with the full balance to be paid by 25<sup>th</sup> April 2020.
- For further information or to book, contact Belinda at [belindaemberson@gmail.com](mailto:belindaemberson@gmail.com)

## Full Payments: For places paid in full and then cancelled the following applies:

- More than 8 weeks before the start of the retreat: 100% refund less the deposit.
- 4 to 8 weeks before the start of the retreat: 50% refund less the deposit.
- Less than 4 weeks before the start of the retreat: No refund will 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 to cover you in the event of you needing to cancel
- Due to cancellations, low bookings or other situations outside of my control I reserve the right to make any changes to the programme. Alternative arrangements will be offered to the best of my ability but, if not taken up, I do not accept responsibility for any costs incurred, including airfare.

## Travel Information

- Flights

By Air, flights are available to Dalaman airport throughout the year from Europe and all UK airports during the summer months. Flying time is approximately 4 hrs from London. The International Airport of Dalaman is 30 minutes from Dalyan.

- Visa

This information is valid for British Citizens only. All British Citizens, including children over 16, need a full passport with at least 6 months prior to it expiring.

At the time of writing the Turkish government levy a visa charge to British Nationals. Visit <http://www.turkishconsulate.org.uk/en/visa.asp> to see the latest costs and how to buy a visa.

***For further information on the tutor please see websites as follows;***

[www.yogaingravesend.co.uk](http://www.yogaingravesend.co.uk) or email me at [belindaemberson@gmail.com](mailto:belindaemberson@gmail.com)