

Accommodation



All rooms have air conditioning and en-suite facilities with a hair-dryer. Downstairs rooms also have a small lounge and a deck area.

Upstairs rooms are 'attic style', each has a small outdoor space with limited views.

There is a restaurant and 5 vegetarian 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. Massages are available.

Cost (not including flight)

Please note that these are discounted prices especially for those people who regularly attend Divya's yoga classes, or have been on a yoga retreat with her before. Prices on the Spirit Travel website are higher.

Accommodation	Shared per week	Single per week
Upstairs Attic Room	£395	£470
Downstairs (with small lounge and deck)	£470	£535

Includes: accommodation, yoga, breakfast daily and 5 evening meals - one to be on the arrival day.

Not included: flights, travel insurance, transfers, meals other than as specified.

Flights: you will need a flight to Dalaman. Free Spirit can help you research the internet for flights. Book as soon as you are able for the best prices and times.

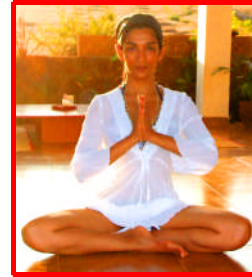
Transfers: taxi transfers are offered by the centre. We provide you with the airport meeting point and the amount of the other guests in your transfer taxi. Your journey takes 30 minutes.



To reserve your place, or for more information, please contact the Free Spirit Travel office:-

01273-564230 email: info@freespirituk.com

www.freespirituk.com

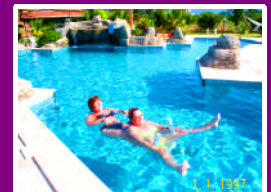


Hatha & Flow Yoga with Divya



Grenadine Lodge Yoga Hotel Dalyan, Turkey

Aug 27th - Sept 3rd 2012
from £395



Divya - Hatha Flow Yoga Teacher

Through a mindful and therapeutic practice of Yoga, I guide individuals into developing a calm mind, stronger body and sincere connection to the self.

My classes are based on classical Hatha Yoga, Dynamic Flow practice and philosophy.

From ancient eastern sources as well as modern psychological and assistance is given to enable the individual to get into the head of what they're doing. The result is immediate: feeling lighter, stronger and appifollowing a class. In the long term, the effects are abiding strength and inner contentment

I am a senior level qualified Yoga teacher, based in London where I regularly teach round private clients. I also run workshops, retreats and holidays in the UK and bro:Om Shanti.



<http://www.yogawithdivya.co.uk>



Additional information

Dalyan itself is a tourist village inland from the beautiful completely unspoilt Iztutu beach where turtles nest.

There are no buildings at the beach (*see picture right*) as it is a conservation area with strict access rules.

To reach the beach you take a boat down the river, or there are buses, however the boat trip is so beautiful hardly anybody takes a bus!

This venue is situated on the outskirts of the village on the road to the beach - buses are hourly during the daytime. To walk to the village takes fifteen minutes.



There is a swimming pool, restaurant and a small bar beside the swimming pool that serves cold and hot drinks. Massages are available on-site. Yoga takes place in the covered shala or on the new outdoor yoga deck.

A large Turkish breakfast will be served after the morning yoga class and an evening meal on the arrival night and four other evenings.

On Saturday mornings there is a large market in Dalyan village selling local produce, spices, fabrics etc. and local shops sell fake designer goods.

In the village there is an excellent hardware store with all sorts of 'goodies', a spice shop, a patisserie where you can have a genuine cappuccino and Turkish cakes and a small supermarket where you can purchase olives and nuts to bring home.

A variety of trips can be arranged; visit the local Turkish baths, rise early one morning to see the turtles as they sunbathe on the river, there are hot springs, mud baths and a huge lake to explore and customised boat trips with swimming and barbecue lunches.

Its a very beautiful and enjoyable region to do as much, or as little, as you wish.

