

Iyengar Yoga Holiday

Dalyan, Western Turkey



6th – 13th October 2018

Dalyan is an idyllic spot - the Likya Pension is situated next to the Dalyan river - a family run small hotel where Peak Yoga have been running yoga holidays for 8 years. Accommodation, 10 yoga classes, yoga equipment, delicious brunches after yoga and 2 evening meals are included in price. The town of Dalyan is a few minutes walk from the pension with great restaurants, shops and cafes, The pension owner has a boat and runs wonderful boat trips around the coast stopping at beautiful bays including lunch. Water taxis take you to the beach, reed lined with kingfishers & birds of prey. The beach is unspoilt where Loggerhead turtles lay their eggs.

Cost : Shared room £395 per person Single room £495

Deposit : £150

Flights not included - Easyjet, Monarch & Thomas Cook fly to Dalaman



For Bookings : Isabel 07960629970

Isabel@movement4health.co.uk

About Isabel Jones Fielding

Isabel has been a certified Iyengar teacher for 17 years and an intermediate level 3 teacher for over 6 years. Isabel co-directs the new West Bridgford Yoga Studio in Nottingham with husband and Iyengar Yoga teacher Geoffrey Fielding, both have studied at the mother institute in Pune. Isabel has studied with Margaret Austin for 25 years, with Sue Lovell since 2008, and is an enthusiastic student of Jayne Orton. Isabel is an active member of the Iyengar Yoga Association, and has been chair and lead organiser of the annual UK Iyengar Yoga convention for 7 years. Isabel is a professional composer and singer, and director of arts charity Salamanda Tandem. Isabel is a strong student centred teacher, with a post grad in education, a research fellowship at Leeds University and 30 years of experience as an educator in the fields of: social care, health, wellbeing, education and art where her work with children on the autistic spectrum is recognised internationally. The study of Yoga brings together her passion for movement, music, inclusion and diversity, where she encourages all levels of student to access Iyengar Yoga.

Turkey Yoga Holiday Details

Transfers from the airport - this takes about half an hour & costs £7- £12.50pp or £25 for the taxi - pay for this directly to the hotel with your bar bill

Arrival day 25th September – the 1st yoga class will be the following morning - 8 –10am followed by a buffet style breakfast of porridge, fruits, yoghurt, bread, cheese & eggs each day. There will be a morning & evening yoga class approx. 6 -7.30pm – with one day or 2 half days off.

2 evening meals at the Likya are included in the price - the 1st will be on the Wednesday – and one on the last evening Sunday. Departures Monday 2nd October. You can eat at the Likya on any of the other nights as long as you order before 12noon. There are numerous good restaurants & cafes in the town of Dalyan a few minutes walk from the Likya . You can get drinks at the Likya – the family have fields of Pomegranate trees & make delicious juice !

The owner of the hotel – Ahmet runs incredible boat excursions to the sea and to a huge lake in the other direction – 2 trips during the week will be organised for those who would like to go, – a delicious lunch or evening is provided on the boat – these trips are magical ! & highly recommended & very good value

Bring swimming stuff including a beach towel –room towels are provided – the hotel is on a beautiful river –clean & perfect for swimming – the unspoilt beach is 20 mins by taxi boat.

Yoga equipment is provided

Sue Lovell Iyengar Yoga Senior level 3 teacher, co-director of Peak Iyengar Yoga will be our host for the holiday, & has been co-running happy yoga holidays at the Likya for 8 years, with Turkish family, Ahmet and his wife Tugba.

If you have any questions don't hesitate to get in touch with Isabel or Sue:

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