

From 17th to 23rd January 2016

Five Day Yoga Seminar in Antalya

To regenerate in the middle of winter!

YOGA and SUN

With Isabelle Yogapushpa

Accredited yoga teacher from BIHAR SCHOOL OF YOGA

Founder of the *YUNUS EMRE farm*

And SEMRA - Founder of the Workshop of Happiness
in BENNA Hotel - Antalya - Turkey

*The program is accessible to ALL,
and will be taught in French AND English ☺*

YOGA and SUN

In the middle of winter, what could be best to regenerate your body and soul than SUN and YOGA?

The program guided by Isabelle, will be very soft yet deep into the subtlety of our beings. You will explore asanas, pranayamas, (postures and breathing), discover maybe the subtle vibrations of mantras and yantras, the powerful Havan, sacred fire...

There will be also satsangs, questions and answer, discussion on specific topics...

Langage will be French AND English ☺

Additionally there will be possibility to visit the surroundings. You will be accommodated in the comfortable 3 star Benna Hotel and Semra will be your hostess regarding all touristic questions;

DATES

Arrival SUNDAY 17 january- Départure SATURDAY 23 january

Program from SUNDAY 17 evening till FRIDAY 22 evening

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Provisional program

Morning practices 7am – 9am

Mantras, hatha yoga, short meditation.

Breakfast at the hotel 9am– 10am

Local and natural products

Free time 10am – 4pm

Optionnal tour, visit around, beach, rest...

Tea time ☺ 4 – 4.30pm

Afternoon practice 4.30 – 6pm

Yoga nidra, deep relaxation

Satsang, discussions

Dinner 6 – 7pm

Free time 7– 8pm

Evening program 8 - 9pm

Meditation practice or chanting (kirtans) or other.

Early to bed ! (advised !)



Note that this is only a foresight; we shall adapt the program to the actual conditions, number of participants, levels and ... weather !

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Accomodation

Your stay is based on double room with half board.

Single room might be possible with extra charge.

All rooms are provided with heating and hot water, toilets and showers.

Breakfast and dinner will be taken at the hotel.

Local products, turkish specialities, light yet nourishing dinner...

All our meals will be vegetarian, and drinks are included.

BENNA hotel is about 100 meters from the beaches, around 20 minutes from city center where you may visit the Old city, Kale içi, the old marina...

[Infos Photos MAP HERE Benna Hotel](#)

For...

Prices and conditions ...

Touring opportunities...

How to come from airport...

See next sheets ...

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Prices and Conditions



STANDART PRICE : 350 €



This includes :

Yoga teaching by Isabelle

6 nights double room half board in BENNA Hotel
(from Sunday 17 evening till Saturday 23 morning)

Tea or other drink in the afternoon☺

Not included:

Lunch

Airport – hotel transfert

Optionnal tours

Your travel to Antalya



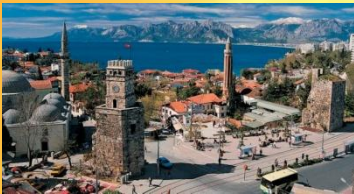
If you wish a single room, an extra charge of 30 € applies
(according to availability)

Note: the raised money will serve at the rebuilding of the [Yunus Emre farm](#) ☺

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Optionnal Touring

To be booked the day before for the next day with Semra.
Average cost 20 to 30 €



Examples:
Olympos & Phaselis
Antalya & Kaleiçi old city
Aspendos & antic theater
Boat cruise



*All these tours are short enough so that you may be back on time
☺ for tea and afternoon practices ☺*

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How to come ?

From Europe so many companies to check on internet...

Pégasus - Thomas cook – Easy jet - Turkish Airlines – Transavia - Atlas Jet –
Anadolu Jet – Onur Air

....

Your destination is **Antalya.**

From the airport the **HAVAS shuttle** will bring you down to the **5M MIGROS** huge shopping mall for about **10 turkish lira.**

This shuttle works with all arrivals.

[Here INFOS HAVAS ICI](#)

From 5M MIGROS, you send us a message or call us,
We shall pick you up (free) ☺

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RESERVATIONS – BOOKING

To book your place, you may download and fill up the booking form from
(at the bottom of the article)

[HERE](#)

We shall accept maximum 10 participants

For more information do not hesitate to contact us

yunusemrefarm@yahoo.com

Mobile : 90 531 512 09 28

If you were a *DONOR* helping the farm after the fire, PLEASE LET US KNOW ☺

Isabelle is French, yet speak fluent English, so teaching will be in both languages ☺
or according to participants ☺

Semra speaks Turkish and French.

Hope to see you soon in Antalya !

Isabelle

Semra



[To know more about Isabelle HERE](#)