

YOGA & TREKKING in TURKEY 2018

Monday 7th May  Friday 18th May

PRACTICAL DETAILS

1st part: Yoga & Trek in the Yunus Emre farm :

Planned program :

5 days where yoga will be practiced at a daily basis in the form of postures, breathing, mantras, relaxations, meditation, conscious action (karma yoga) and also integrated into our walks around the farm, in the Taurus mountains with conscious walking .. and other discoveries...

Meals are vegetarian and prepared together consciously during "karma yoga".
Every evening we shall sleep in the Yunus Emre farm (6 nights).

LIFE in the Yunus Emre farm :

It is a very simple life, without any artifice ; a yogic life.

Comfort is that of Nature, neither too much, not too little :

- showers are warmed by the sun ☺
- toilets are water saving and ecological ; situated in many places close to accommodations ;
- very little lighting at night (apart from the stars & moon ☺) : very important to bring your TORCH ;
- very little noise... apart from that in our heads !! ☺
- possible smokers will be kind enough to smoke only in designated areas and very careful of the fire risk ;
- no candle, no fire will be tolerated for obvious safety reasons – except when we are together ;
- no drug or alcohol will be consumed.
- mobile phones will be kept in your accommodation in silent mode, and used with discernment, discretion and respect for the place and people. (there is no wifi in the farm).

On the [Yunus Emre farm's website](#) you may discover pics in of [accommodation, gardens, installations...☺](#)

What you will be asked to bring for your stay :

- TORCH (preferably with rechargeable batteries)
- watch/ alarm clock
- sun protection (creams, glasses, coverings, hats..) the sun may be already quite strong ;
- comfortable & casual clothes for walking, being in nature, practicing yoga ;
- mosquito repellent if you are sensitive (however very few mosquitoes here)
- personal belongings for the duration of your stay
- ecological soap and shampoo (for your time in the farm)
- according to weather forecast, raincoat/ rain protection might be useful ;

What the farm will provide you :

- all the bedding, sheets/ blankets/ pillows/ mats even for the « campers »
- towels
- yoga material : mats/ cushions/ blankets
- electricity to charge the phones & torches

Different accommodations : (corresponding fees are next pages)

- **Dormitori Durga :** single beds in the large yoga shala ; indoor shower+ toilet+ washbasin/ outdoor toilets & showers/ water heated by sun/ little tea corner



Durga the big Yoga shala



Part of the Dormitory (curtains as partition)

- **Squirrel room in Saraswati :**

Independent room with 2 single beds/ bamboo partitions/ outdoor showers & toilets



Squirrel room with 2 single beds in Saraswati



- **Light camping tent (double)** with light mat and bedding provided



2nd part of the program : Yoga & Trekking on the Lycian Way :

Planned program :

Starting the trek from Kaş towards Çıralı along the coast, walking between mountains and sea ;

Around 3 hours of walk per day;

Easy to medium level ;

Professional guide will be with us;

Daily yoga practices, in/ outdoor;

Swimming in the sea/ historical sites ;

A boat trip is scheduled on the 3rd day ;

Our luggages are carried from place to place ;

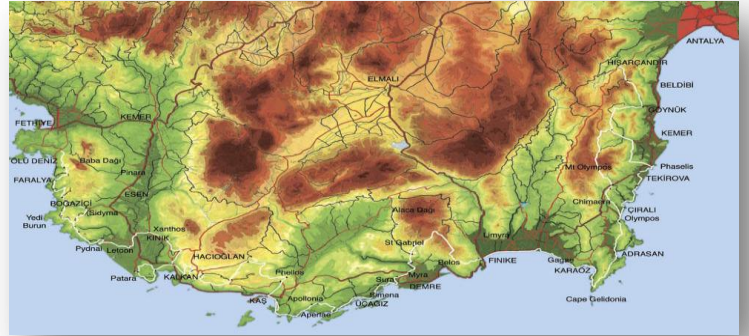
Route :

Kaş-Limanağzı- Appolonia-Aperlai-Simena-Gelidonya feneri-Adrasan- Çıralı

Accomocation:

In guesthouses;

All breakfasts and dinners are included (except the last dinner in Antalya) ; typical turkish food ; Lunches will be your responsibility for more diversity (between 10 & 20TL) ; Extra drinks & entrance to museum or any other extra activity not scheduled in our program will at your responsibility.



The Lycian way is an ancient Roman path which links Fethiye to Antalya along the Mediterranean coast ; It offers over 500 km of inspiring walks between mountains and valleys, sometimes on the beaches with historical sites and astonishing views.

Our itinerary will bring us from Kaş (Kash) to Çıralı (Tchirale) on an easy part of the Lycian way with low height differences. Around 34 kilometers and steps in local guesthouses, boat tour and swimming ☺



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FEES & CONDITIONS

Fees

967 € / person

Becomes 937 €/pers if you chose accommodation in **double tent** for the 6 nights in the Yunus Emre farm;
(The tents are double ones, all bedding is provided and toilet blocks are nearby)

Included in the fee :

- all transfers (airport- farm / farm -Lycian way/ Lycian way -Antalya/ Antalya – airport)
- all accommodation (6 nights in the farm + 4 nights in guesthouses on the Lycian way + last night in hotel inAntalya)
- guidance along the Lycian way by a professional guide
- daily yoga teaching by Marie Pierre & Isabelle, both accredited yoga teachers
- full board accommodation in the farm – half board on the Lycian way
- carrying of our luggage from place to place on the Lycian way

Not included in the fee :

- your travel
- lunches on the Lycian way –count around 15 turkish (4€)
- last dinner in Antalya
- extra drinks
- museum entrances or any other activity which is not scheduled in our program ;

BOOKING CONDITIONS

Please contact us beforehand to check about availability ;

For your travel :

- You have to reach Antalya Airport on the Monday 7th may (hour of meeting for the transfer will be communicated to you in due time);

A deposit of 20% is required to book your place, that is : 194 €

Balance will be paid one month before the program starts, that is on the 7th april 2018 :

- 773 € if you chose accomodation in Durga & Saraswati
- 743 € for the campers ☺.

YOUR REGISTRATION

Please fill up the [REGISTRATION FORM available from this PAGE](#)

Your registration will be acknowledged once your deposit is received ;

All details of IBAN for your payment and emails for contact are found in the REGISTRATION FORM ;

A message from our part will inform you of the acception of your booking.