

YOGA & TREKKING in South TURKEY



Marie Pierre



Isabelle

From Mon 7
till Fri 18
may 2018

Yoga & Trekking in the Taurus
Mountains surrounding the Yunus
Emre farm and on the Lycian way
along the mediterranean coast.



Details →

Program 1st part

Arrival on Monday
7th mai
Settling in Yunus
Emre farm

From Tuesday 8th till Sunday 13th mai
In Yunus Emre farm

Daily
Yoga
Postures
Breath
Relaxations
Mantras
Havan Sacred Fire
Mandala
Meditation

Trekkings around
the farm in the
Taurus montains.
Conscious walks,
Picnic, Swimming
in the pond,
Discovery of the
Flora...

Accommodation in the dormitory of Durga, room of Saraswati, or double tent
Sharing vegetarian meal preparation through conscious action (karma yoga)
Simple life with Nature

Program 2nd part

Sunday 13 may
After breakfast
Transfer to Kash
(Around 3 h 30 travel)

From Sunday 13th till Thursday 17th may
Lycian Way

Walks along this ancient Roman path;
Steps of 3 to 4 hours;
Easy to medium level;
Indoor or outdoor
Daily yoga practices
Swimming in the sea;
Boat tour;
Historical places;

Transfer on
Thursday evening
17 may for one
night in Antalya.

Transfer on Friday
18 to the airport.

Accommodation in miscallaneous guest houses along the way;
Simple life in harmony with Nature;

Fee = 967 €

If you choose individual tent as accomodation in the farm fee becomes : 937€

20% deposit will be given at booking time;
For all details about program & registration
please visite our website to download the
documents.

[Yunus Emre farm– Yoga & Trekking 2018 \(english\)](#)

[Noura Yoga – Yoga & Randonnée 2018 \(french\)](#)

If you have questions, please do not hesitate to
contact Isabelle (en) or Marie Pierre (fr):

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Isabelle Bacquenois: ibacquenois@yahoo.com



Marie Pierre
Accredited yoga
teacher of the
French Yoga
Institute, she is
also passionate
with nature,
alternative
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Her website (fr)
[Noura Yoga](#)



Isabelle
Accredited yoga
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Bihar Yoga school
She is also the
Yunus Emre farm's
founder and
author of books
and publications;

[Farm's english
website](#)

Her website (fr ench
only for the moment)
[Isabelle alias Mirabelle
écrit jardine médite](#)