



Spectrum, Dalyan, Turkey

The Yoga Retreat

The Venue



Spectrum Turkey is a purpose built dedicated yoga and activity centre nestling at the foot of the Golgeli mountains. Spectrum is a beautiful and tranquil location with running water alongside and total privacy, surrounded by pine trees and fields of pomegranates and orange groves. It has an 80 m2 swimming pool with large terraces for sunbathing and two fantastic yoga spaces including one by the pool making this an idyllic yoga retreat to heal your mind and body and nurture your soul.

The Location

Dalyan is a land and fish farming community and a small holiday resort destination, with the majority of the properties in the town centre and built along the river banks. Spectrum Turkey is situated 1 mile away from the centre and hustle and bustle of tourist life. Dalyan is most love for:

- Boat trips – catch a “water taxi” to the 7 kilometre Turtle beach or take a private boat trip for the day – very good value for money
- The beach – Iztuzu beach by co-operative bus or the other end by boat (as above)
- Turtles – Caretta Caretta as well as the Nile turtles in the river
- History – Lycian Rock Tombs and Caunos an ancient Roman city
- Turkish food – freshly cooked using home-grown or market garden purchased products, delicious, tasty and healthy (gluten and wheat free food is available)
- Natural therapies - hot springs and mud baths
- Wild life – in abundance, storks, kingfishers, tortoises, wild boar for example
- Convenience – Dalaman airport is only 30 minutes from Dalyan



Dalyan is a conservation area due to the turtles nesting on the beach (hence there are no hotels just golden sand as far as you can see with background mountains. It is located on the side of a river meandering down from Koycegiz lake (7th largest in Turkey), out to the Mediterranean Sea; only separated by a reed covered delta and the long golden strip of sand. Most visitors comment on the magical, almost healing atmosphere; you are surrounded by natural colour therapy with the benefit of fragrant aromas. A truly fabulous location.



The Accommodation

The accommodation at Spectrum is all with en suite facilities and air conditioning. The rooms are courtyard style around the pool with 10 Single rooms, 2 Twin rooms (twin beds) and 1 Triple room (3 single beds). The rooms are lovingly decorated emphasising personal attention and plenty of special touches.

The Food

The food served will be fully vegetarian, which will be home grown on the 6,300m² land or locally produced by nearby market gardeners (gluten, wheat & dairy free can be catered for).



The Yoga

Over the course of the week you will be shown how to explore and express yourself through Movement, Breath and Body using your heart current which will rejuvenate and transform you on every level. Come and join Mitch to find your true and happy self, in a place of freedom and bliss.



As an international and exciting mature male teacher, who discovered the many benefits of yoga over 15 years ago, Mitch now dedicates his life to teaching his own unique freestyle yoga which is fun and rewarding. During this week you will be doing Freestyle Yoga. The morning session will be invigorating Yang style Vinyasana flow yoga where you will learn how to create movement to gain a strong and flexible body.

The afternoon session will be restorative Yin Style yoga incorporating subtle energy work, Qi Gong and breathing exercises, relaxation and meditation and understanding our chakra system.

Getting There

By Air

All flights are to Dalaman airport. Transfers can be arranged from a number of airports or you may wish to hire a car from the airport, especially if you want to explore further afield. The earlier you book the flight the cheaper it usually is.

Transfers

Individual taxi transfers are offered by the centre. We will provide you with the airport meeting point and the names of the other guests in your transfer taxi and our own driver will meet you. For this service the cost 35 Turkish lira per person (£14) regardless of how many are in the taxi, for this service you have to order a return transfer. The journey takes 30 minutes.

What's included?

Tuition, accommodation, breakfast and dinner on 5 evenings (one to be the arrival night) are all included in the price. Flights, insurance, meals other than as specified are **not** included.

Tune in and feel inspired. Unwind and re-energise. Find quiet and inner peace in this magical retreat surrounded by spectacular nature.

