

Yoga Course in Turkey

28th Sept - 5th Oct 2024

Join Melanie Palmer Level 3 Senior Iyengar teacher in Turkey, staying at the peaceful and picturesque Nerissa Hotel in Cirali.

Immerse yourself in a week of yoga, relax, rejuvenate, and refresh. With daily yoga sessions, stunning views and delicious cuisine, this holiday is the perfect opportunity to unwind and recharge.

Yoga Tuition

Includes 11 yoga classes, one in the morning & one early evening, excluding on the boat trip day. A short restorative class will be provided on arrival day. Suitable for all levels.

Course Fee - £895

£200 non refundable deposit required by 30 April 2024

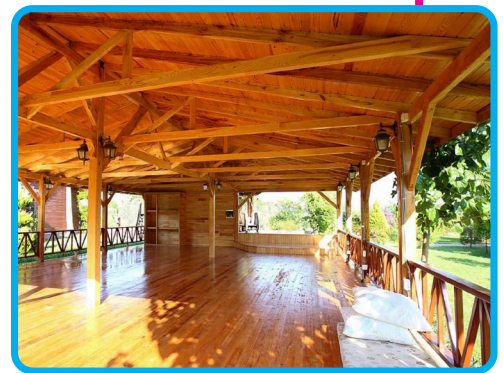
Includes

- Yoga Tuition
- Accommodation based on 2 people sharing a room
- Swimming pool and gardens
- First night evening meal, daily brunch
- Bath and pool towels

Price does not include flights or transfers

Accommodation

The Nerissa Hotel consists of peaceful gardens, beautiful mountain views and a swimming pool with pool side eating area . Rooms are air conditioned with en-suite and balconies.



Catering

Brunch is included in the price and consists of a healthy buffet after the morning class. Evening meals can be eaten at either the Nerissa Hotel (the first nights meal is included) or at one of the many beach restaurants nearby.

Travel

Flights are to Antalya airport . Flights are booked by you but information on the best flights will be given as its better if people book similar timed flights for transfers. (Transfers are €10/12 each way)

Trips available

Boat trip - including lunch - €25

Bike Hire - €22 / week

Fire mountain walk €2, also nearby ancient ruins, Turkish baths, visit to the local town on market day.

Afternoons are yours to enjoy the beautiful scenery of the surrounding area, walking, reading, relaxing or swimming in the pool enjoying the sunshine. The beach is a 15 mins walk and there are historic towns and villages nearby.



For booking form and further information please contact
Mel - 07792567720 mel@justyoga.co.uk