

The Essence of Yoga

“finding the stillness within”

A Kundalini Yoga and Shakti Dance retreat

15th-22nd May 2012



The word Yoga means "to yoke", to bring together. The essence of yoga is to bring balance and harmony to each part of our being, on a physical, emotional, mental and spiritual level. As we find this balance within ourselves we can begin to access the true nature of our hearts, beginning to recognise and rest in the unchanging peace and silence that is ever present within.

Come and join us for a relaxing, reviving and restorative week on the spectacular Datcha Peninsular in Turkey. During our retreat we will work with the powerful tools of Shakti Dance (the yoga of dance) and Kundalini Yoga to allow us to release the tensions and blocks within that prevent us from living from our hearts. We will also have time for meditative walks in nature, enjoying the beautiful countryside around the Datcha peninsular.



Our retreat centre is nestled in the small village of Eski Datcha, a few kilometres away from Datcha town. Here we will be welcomed to a true home away from home. Our hosts look after everything we need from comfortable accommodation to beautiful home cooked food, and not forgetting the delicious Turkish breakfast!!!

Cost £450 (early bird price £400 before 28th Feb, concessions also possible)

Price includes all yoga and dance, guided walks, accommodation, breakfast & 5 evening meals. (Flights to Dalaman & transfers to Eski Datcha not included)

For more information please contact Anjali:

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The retreat is open to all, no previous experience of Kundalini Yoga or Shakti Dance is required. All that is needed is an open heart and a willingness to live in joy and peace!