

IYENGAR YOGA WITH SARAH

Yoga holiday Dalyan 20th – 27th May 2023



Come and join me for a yoga holiday in beautiful Dalyan, Turkey

Dalyan is a 25 minute journey from Dalaman airport and we will stay at the beautiful, simple, family run guest house called Likya Pension. It is run by Ahmet and his family. Ahmet speaks excellent English and will captain two fantastic boat trips for us during our stay.



Likya Pension sits on the river and our yoga space and seated areas overlook the river which you can swim in whenever you like. The area is renowned for its nature and particularly its logger head turtles which you can see in the river from Likya Pension.

There are a range of twin and double rooms; the whole holiday costs **£490 for a shared room** or **£590 for your own room**. This cost covers your bed and brunch each day, all 10 yoga classes, two evening meals and two boat trips with meal. Tea, coffee and Wi-Fi is available all day long in our communal garden/bar area. The rooms are simple and clean and each room has its own bathroom. There is a small bar in the garden area which sells, water, soft drinks, local beer and

fresh local pomegranate juice. Ahmet will keep a 'tab' running for you all week and you can just pay for your drinks, taxis, meals at the end of the week, in English pounds.

From the guest house it's easy to get to the most beautiful places such as Iztuzu beach, you can arrange a water taxi (Dolmus) to pick you up from the pension and take you on the 30 min journey to the beach. A return ticket costs three pounds and the trip along the river through the reed beds is beautiful. There are cafes and beautiful walks at the beach. You can also hire bikes from a shop at the end of the street, and you can go off and explore the area yourself, visiting places such as Kaunos, (take your bike on the car ferry or rowing boat!! and bring hiking shoes). The town is just 10 mins walk away and there are lots of restaurants, bars, cafes and shops. You can buy lots of local gifts, grab a manicure/ pedicure, eat waffles, ice cream and of course, great Turkish food. Or you can avoid the town buzz and just enjoy the peace and quiet of our edge of town location.



Saturdays are arrival/departure days.

Yoga starts on Sunday morning; every morning we have a hearty post yoga brunch. Yoga classes are twice a day at 8am and then 5.30pm apart from two days where we have trips organised and will have one class a day. The fantastic boat trips are run by Ahmet and we will see lots of stunning local places with plenty of time to swim or just enjoy the views, or rest on the boat.

If you would like to come all you need to do is email me: sarah@yogaiyengar.co.uk and I will give BACS details for your £150 deposit and confirmation receipt.

Now book your flights, the sooner the better! EasyJet, Jet 2 and TUI are direct from Manchester.

I will arrange your airport pick up and drop off which costs approximately £25 per taxi which is added to your Tab.

I will ask for full payment before April 2023 (but you can pay me anytime!)

***cancellation policy applies: The deposit for any event is non-returnable - unless you find a replacement or there is a waiting list then the deposit can be transferred minus a £30 admin fee. In the event of a cancellation within 3 weeks of the start date - full payment is due unless a replacement can be found then 65% of cost will be refunded.*

NB I recommend you take appropriate holiday insurance and your GHIC card.

Visit my website at www.yogaiyengar.co.uk for other class details

IYENGAR® YOGA

