

# IYENGAR YOGA WITH SARAH

## Yoga holiday Dalyan 17<sup>th</sup> – 24<sup>th</sup> May 2025



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 'Likya', a family run pension located right on the Dalyan river. It is run by Ahmet and his family. Ahmet speaks excellent English and will captain two fantastic boat trips for us during our stay.



Our yoga space overlooks the river and is an idyllic place to practise your Yoga. There is a deck to sunbathe or swim from. The area is renowned for its nature and particularly its loggerhead turtles which you can see in the river from Likya Pension.

There are a range of single and double/twin rooms- **£675 for a shared room** or **£775 for your own room**. This cost includes your bed and brunch each day, 10 yoga classes, two evening group meals and two boat trips including meals. 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 approximately five pounds and the trip along the river through the reed beds is beautiful. There are cafes and beautiful walks at the beach. You can hire bikes from a shop at the end of the street, and go off and explore the area yourself, visiting places such as Kaunos archaeological site, (take your bike on the car ferry or rowing boat!! and wear 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 8.30am and then 5pm 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](mailto:sarah@yogaiyengar.co.uk) and I will give BACS details for your £250 deposit and confirmation receipt.

Then **book your flights**, the sooner the better! EasyJet, Jet 2, Turkish airlines are some of the airlines that fly direct from Manchester.

I will arrange your airport pick up and drop off which costs approximately £40 (per taxi shared with the number of people travelling together).

I will ask for full payment before April 2025 (but you can pay me anytime!)

*\*\*cancellation policy applies: The deposit 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/ Please take out appropriate holiday insurance.



IYENGAR®YOGA

