

Accommodation



All rooms have air conditioning and en-suite facilities with a hair-dryer on the wall. Downstairs rooms also have a small lounge and a deck area.

Upstairs rooms are 'attic style', with sloping ceilings and a very small outdoor space with limited views.

There is a restaurant and 5 vegetarian evening meals are included in the cost of the holiday - extra evening meals are available on-site if you wish, however local restaurants are terrific and we do recommend you try them. Massages are available.

Cost (not including flight)

Please note that these are discounted prices especially for those people who regularly attend Lucy's yoga classes, or have been on a yoga retreat with her before. Prices on the Free Spirit Travel website are higher.

| Accommodation | Shared per week |
|--|-----------------|
| Upstairs Attic Room | £470 |
| Downstairs (with small lounge and deck) | £570 |
| Single supplement £120 per person per week | |

Includes: accommodation, yoga, breakfast daily and 5 evening meals - one to be on the arrival day.

Not included: flights, travel insurance, transfers, meals other than as specified.

Flights: you will need a flight to Dalaman. Free Spirit Travel can help you research the internet for flights.

Transfers: both group and 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.

The journey takes 30 minutes.



Iyengar Yoga with Lucy Aldridge



Grenadine Lodge, Beach Road Dalaman, Turkey

June 29th - July 6th 2020
from £470



To reserve your place, or for more information, please contact
the Free Spirit Travel office:-
01273-564230 / info@freespiritryoga.co.uk
www.freespiritryoga.co.uk



Iyengar Yoga with Lucy Aldridge



Lucy has had over 20 years experience of teaching Iyengar yoga (qualifying in 1997) and now holds a senior level 2 certificate.

As Lucy has matured (in age), keeping a sense of fun and play, she's enjoyed exploring the relationship between body, breath and mind.

Lucy travels to Pune on a regular basis to deepen her connection with the Iyengar yoga method.

The Yoga

During the course of the week we will explore the practice and aspects of yoga within one's own unique capability.

“As children we learn through a sense of play, adults take learning more seriously. Allowing balance between the 2 aspects of learning has enabled me to bring a sense of thoughtful fun into my classes and own yoga practice “



Additional information

Dalyan itself is a tourist village inland from the beautiful completely unspoilt Iztutu beach where turtles nest.

There are no buildings at the beach (*see picture right*) as it is a conservation area with strict access rules.

To reach the beach you take a boat down the river, or there are buses, however the boat trip is so beautiful hardly anybody takes a bus!

This venue is situated on its own in the conservation area on the outskirts of the village on the road to the beach - buses are hourly during the daytime. To walk to the village takes twenty minutes.



There is a swimming pool, restaurant and a small bar beside the swimming pool that serves cold and hot drinks. Massages are available on-site.

A large Turkish breakfast will be served after the morning yoga class and an evening meal on the arrival night and four other evenings.

On Saturday mornings there is a large market in Dalyan village selling local produce, spices, fabrics etc. and local shops sell fake designer goods.

In the village there is an excellent hardware store with all sorts of 'goodies', a spice shop, a patisserie where you can have a genuine cappuccino and Turkish cakes and a small supermarket where you can purchase olives and nuts to bring home.

A variety of trips can be arranged; visit the local Turkish baths, rise early one morning to see the turtles as they sunbathe on the river, there are hot springs, mud baths and a huge lake to explore and customised boat trips with swimming and barbecue lunches.

Its a very beautiful and enjoyable region to do as much, or as little, as you wish.

