



Cost (not including flight)

Monday - Monday: £415

You will be staying in twin rooms with en-suite facilities.

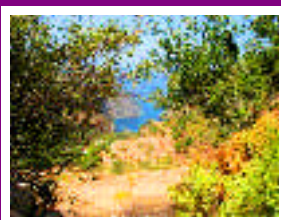
All accommodation is on a shared basis unless you have arranged otherwise with us in advance.

Included: accommodation, yoga classes, breakfast and dinner

Not included: flights, insurance, transfers, treatments, meals and refreshments other than those specified

Single rooms : some small single rooms may be available at £415 per week, please ask us. For all other single rooms a supplement is payable

Non Yoga partners, friends or relatives are very welcome at a reduced rate.



Stunning views at this yoga centre on the Turquoise Coast

Flights and transfers:

You will need a flight to Dalaman. We will team people up to share taxis to the venue.

Do feel free to contact Free Spirit Travel for help with finding your flight, they can search the internet for flights for you and will be happy to help.

**To reserve your place, or for more information, please contact the Free Spirit Travel office:-
01273-564230 email: info@freespirituk.com**

www.freespirituk.com



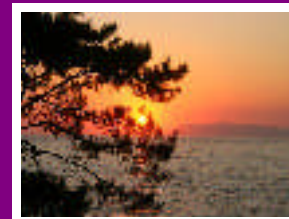
**'Yoga Beats'
with
David Sze**



Faralya, Turkey

August 9th - 16th

£415 (plus flight)





Yoga Beats with David Sye

David Sye, listed as one of the top ten Yoga teachers in the UK and a Yoga Elder, has developed over many years "Yogabeats", his own brand of Yoga. Yogabeats has now been touring in various festivals, cities and countries, gaining international success and recognition.

He has been practising yoga for over 20 years in International locations such as America, India and Israel. His "gentle power" yoga fuses Hatha, Astanga, Mridu and Vini. Gentle at the beginning and end but with dynamic and powerful periods at the core.

David will take you on a journey to touch all your senses. The Yoga class is for all levels and is driven by music that matches the pace and the flow of the Yoga

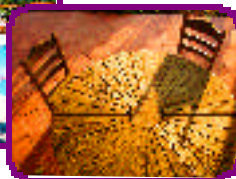


Yoga Schedule:

A morning session is scheduled for around 7.45 a.m. and will take place in the huge cedar yoga room with its fabulous views.

At 10.00 a.m. a large breakfast is provided leaving the majority of the day clear for other activities. These will include some organised excursions or walks.

There is a further yoga session from 6.00 to 7.30 p.m.



Here at the start of the Lycian Way - the famous coastal walk through unspoilt countryside - is this family run yoga hotel with its fabulous yoga deck and wonderful food. Everything you need for a relaxing week

This small, family run hotel is situated in a small, peaceful village overlooking the Mediterranean sea. There is a spacious swimming pool with stunning views

The hotel is set in organic gardens with well established lemon, olive, apricot and peach trees which provide delicious fruit during the spring and summer months. Roses, geraniums, jasmine and lavender provide wonderful scents on balmy evenings and our grapevine covered terrace provides a relaxing shady space to enjoy a glass of wine or dinner. Many vegetables such as aubergines, tomatoes, pumpkins and green peppers are also planted in their organic gardens providing fresh seasonal produce for the kitchen.

The food here is fantastic!

Swimming: walk down the hill to the nearby village cove with its small shingle beach, here you can have a refreshing swim in the sea. Should you decide to explore then further along the coast then you will find huge rocks jutting into the sea ideal places for sunbathing. This area is known as the Turquoise coast due the exceptionally clear blue water.

The Lycian Way: Turkey's first long distance footpath passes directly behind the hotel and together with other local marked pathways this provides a wide range of walks to suit all abilities

Massages and therapies are also available including holistic massage, aromatherapy and reflexology

