

FIND YOUR BALANCE YOGA RETREAT

Prioritize yourself and embark on this relaxing and energizing week in Turkey.

Join us for a week of transformative yoga, centered on six themes: Grounding, Creativity, Self-Confidence, Love, Expression, and Intuition. Each day will focus on practices to deepen your connection to yourself, nurture your creativity, and build inner strength. Through yoga, meditation, workshops, and me-time you'll find balance and express your authentic self. Escape the hustle and bustle of daily life and immerse yourself in this retreat, inviting you to explore the different Yoga practices with **openness** and **curiosity**.

DATE

16th - 22nd of June 2025

6 nights / 7 days

LOCATION

Yenice Vadi

Mugla, Turkey

Airport: Dalaman (DLM) or Bodrum (BJV)

both are 1 hour and 20 min away

PRICE

Starting from £590

See accommodation details on next pages

What's included:

6 nights accomodation

Vegetarian meals (breakfast, light lunch, dinner)

Filtered tap water

11 x Yoga sessions

1 x Workshop

1 x Group Health Coaching Session

Yoga mats, meditation cushions, blocks and straps provided

What's not included:

Flight

Transfer (£30-£80 depending on number of passengers)

Boat trip and further excursions

Personal spendings



NILDA EPING

Yoga Instructor and Integrative Nutrition Health Coach

Maresia Health & Yoga

info@maresiahealth.com

www.maresiahealth.com



PROGRAM YOGA RETREAT WITH NILDA

Prioritize yourself and embark on this relaxing and energizing week in Turkey.

Monday 16th of June Day of Arrival

17:00 - 18:45 Gentle Yoga and **Welcoming Circle**

19:00 Dinner

21:15 - 21:30 Short wind down practice (optional)

Subject to change

Tuesday 17th of June - **GROUNDING**

07:45 - 09:30 Energizing **Hatha** Yoga incl. Meditation and Breathwork

09:30 Traditional Turkish village breakfast

Free time (swimming, reading, enjoying me-time)

11:30-12:30 **Guided country side walk to mountain**

14:00 Light lunch

Free time

17:30 - 18:45 Yin Yoga

19:00 Dinner

21:15 - 21:30 Short wind down practice (optional)

Wednesday 18th of June - **CREATIVITY**

07:30 - 09:15 Energizing **Vinyasa** Yoga incl. Meditation and Breathwork

09:30 Traditional Turkish village breakfast

Free time

12:30-13:30 **Breathwork Workshop**

14:00 Light lunch

Free time

17:30 - 18:45 Yin Yoga

19:00 Dinner

21:15 - 21:30 Short wind down practice (optional)

Thursday 19th of June - **POWER**

07:30 - 08:30 **Ashtanga** inspired Yoga incl. Meditation and Breathwork

08:30 Breakfast

09:30 **Transfer to Full Day Boat trip** (approx £65)

19:00 Dinner

21:00 21:30 Yoga Nidra (optional)

Friday 20th of June - **LOVE**

07:30 - 09:15 Energizing **Slow Flow** Yoga incl. Meditation and Breathwork

09:30 Traditional Turkish village breakfast

10:30-11:30 **Guided country side walk to village**

Free time

14:00 Light lunch

15:00-16:30 **Karma Yoga in garden**

17:30 - 18:45 Yin Yoga

19:00 Dinner

21:15 - 21:30 Short wind down practice (optional)

Saturday 21st of June - **EXPRESSION**

07:30 - 09:15 Energizing **Vinyasa** Yoga incl. Meditation and Breathwork

09:30 Traditional Turkish village breakfast

11:00-12:30 **Health Coaching Session**

14:00 Light lunch

Free time

17:30 - 18:45 Yin Yoga

19:00 Dinner

21:15 - 21:30 Short wind down practice (optional)

Sunday 22nd of June - **INTUITION**

07:45 - 09:15 Gentle **Yoga Flow** incl. Meditation and Breathwork

09:30 Traditional Turkish village breakfast

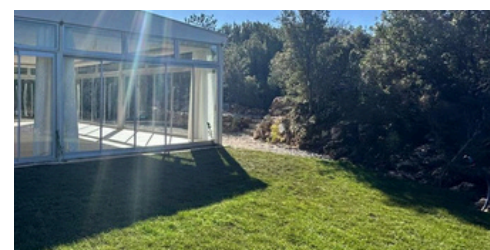
Farewell / Check-out



The Yoga classes in the morning are quite energizing, but we will make sure that it is for **all levels**. Yoga offers a lot of variety and many options for different poses. The same thing applies to Yin Yoga, a slow but intense deep stretch practice with the option to use a lot of props.



Finally a lot of *me-time*. Unwind from the hustle and bustle of everyday life. Read the book you have been wanting to read. Come back to just '*being*'. If you still want to have a little bit more activity you can go to Akyaka beach (30 min), Stratonikaeia (45 min) or Thera (25 min) archaeological site, Canyon walk (20 min), or Mugla town. Optional excursions to be booked with Hotel (prices to be confirmed)



FURTHER IMPORTANT INFORMATION

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FLIGHTS AND TRANSFERS:

The nearest airport to Mugla is Dalaman (1 hr 20 mins from retreat) and we advise you to use this airport so we can potentially group arrivals together for cheaper and easier transfers. You can however also fly to Bodrum. Flights and transfers are NOT included in your retreat price.

Transfers range from £80 single person to £30 shared. This depends on the number of passengers. Please email me if you need a transfer so that the retreat centre can organise it with you directly.

DEPOSIT:

Your space is confirmed once a 30% non-refundable deposit is paid and received.

CANCELLATION.

Both parties have the right to cancel the retreat for a valid reason. Cancellation with notice must be provided in writing. Please note that the deposit is non-refundable if cancelled by client. If cancellation occurs after April 30th, a 100% cancellation fee will apply.

EXTRA ACTIVITIES:

All extra activities are to be booked directly with the hotel.
These cost extra and are not included in the price of your retreat.

Boat trip approx £65 including lunch.

Massage therapy available on site. See further options on program page.

EARLY BIRD:

£50 will be deducted from the cost of the retreat if booked before January 31st, 2025.

Once you have decided on a **room**, please send an email to **info@maresiahealth.com** with **"Retreat Turkey"** in the subject bar. You will receive the information to pay a deposit of 30% per person. Once the deposit is received your space is confirmed subject to terms and conditions. For anything you cannot find on this information sheet, please feel free to email me and I will answer as soon as I can. We are so excited to host this retreat and look forward to seeing you in beautiful Turkey.

YOUR FACILITATORS



Join **Nilda**, a certified Yoga Alliance teacher and Integrative Nutrition Health Coach, who left the corporate world to pursue her passion for wellness. Trained in Yin Yoga, Breathwork, and meditation in Brazil and Costa Rica, Nilda transformed her own health and lifestyle and now shares that journey with others. She specializes in Vinyasa, Hatha, and Yin Yoga, blending mindful breathing, meditation, and relaxation to create a welcoming space for all fitness levels and helps student to find their own teacher within. As a health coach, she emphasizes the connection between lifestyle choices and overall well-being.

Thomas will be assisting Nilda during the Yoga Retreat, bringing his fresh energy and enthusiasm after completing his 200-hour Yoga Alliance Certified Teacher Training in Bali and Meditation teacher training in Brazil. His lighthearted spirit and great sense of humor create a joyful atmosphere, and he naturally spreads positivity to everyone around him. Thomas is excited to apply his newly acquired knowledge, sharing his passion for yoga while ensuring the retreat is filled with laughter and uplifting experiences.



ACCOMODATION

You have the option for single or double occupancy and different room types according to your preference and budget. **First come, first serve!**

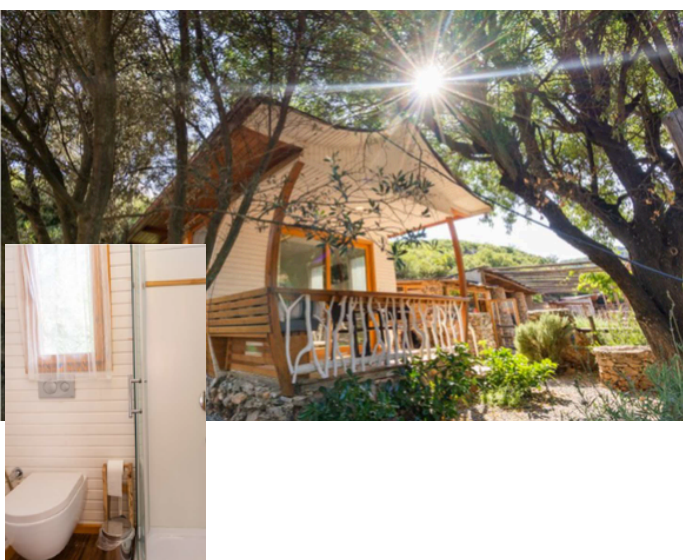
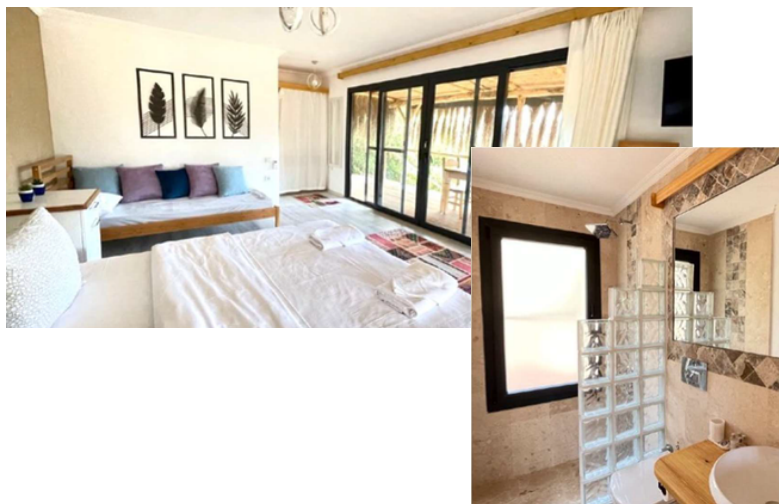
SOLD

SAGE AND ROSEMARY CHALET

En-suite
3 single beds
Veranda

£ 815 per person in double occupancy

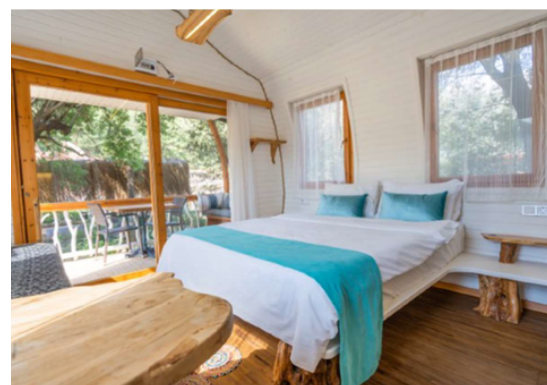
£ 750 per person in triple occupancy



OLIVE COTTAGE

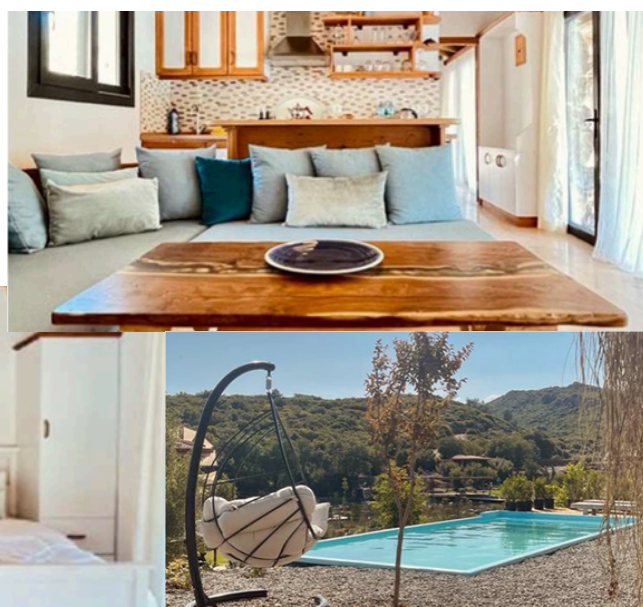
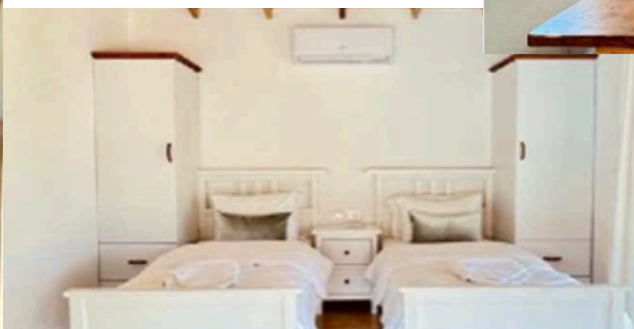
private terrace
1 room cottage
en-suite
1 King-sized bed
kitchenette

£ 950 per person in single occupancy



OLEANDER COTTAGE

2 bedrooms
en-suite
1 Kingsize and 1 twin bedroom
living room
private garden and pool
Double occupancy: **£ 1,262** per person **or**
Triple occupancy: **£ 1,262** and 2 x **£ 950** per person

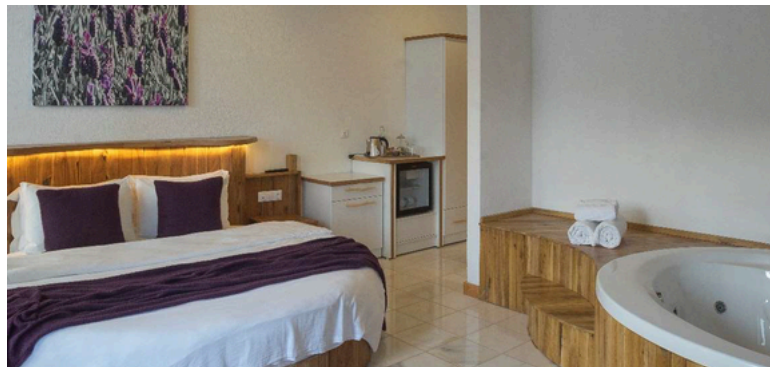


ACCOMODATION

LAVENDER HOTEL ROOM

1 kingsize bed
1 single divan bed
en-suite
jacuzzi
small balcony

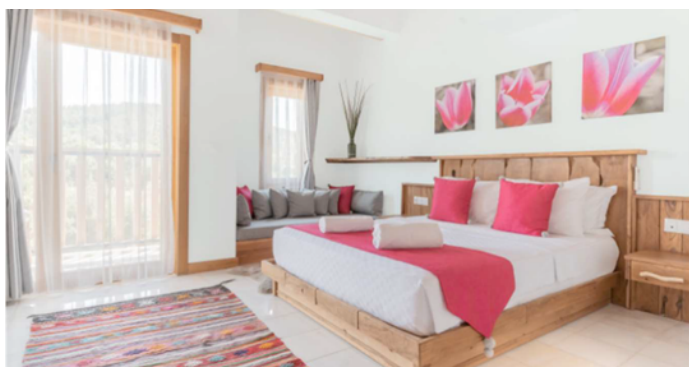
£ 815 per person in double occupancy
£ 1,010 per person in single occupancy.



TULIP HOTEL ROOM

1 kingsized bed
1 single divan bed
en-suite
jacuzzi
small balcony

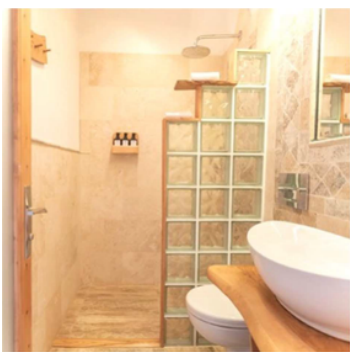
£ 815 per person in double occupancy
£ 1,010 per person in single occupancy



MARIGOLD HOTEL ROOM

1 kingsized bed
1 single divan bed
en-suite
jacuzzi
fire place
small balcony

£ 815 pp in double occupancy
£ 1,010 pp in single occupancy



LILAC & LILY HOTEL ROOMS

1 King-sized bed
En-suite
Private terrace
£ 950 per person in
single occupancy



ACCOMODATION

ALMOND STONE COTTAGE

Private garden with jacuzzi

En-suite

Kitchenette

1 King-sized round bed

Sofa bed

£ 950 per person in double occupancy

£ 1,262 per person in single occupancy



GLAMPING

2 x single beds

220v Electric sockets

Bed linen and towels included

Veranda

En-Suite:

£ 650 per person in double occupancy

£ 770 per person in single occupancy

Shared facilities:

£ 590 per person in double occupancy

£ 650 per person in single occupancy

