



Transformative yoga intensive

Istanbul 7 t/m 14 september 2010

Büyükkada is a peaceful and picturesque island embedded in the Bosphorus and surrounded by the sparkling city of Istanbul. The magnificent gardens of the Naya Retreats Villa invite you to center your inner- self and be entirely in the Now .

Transformative Yoga is based on working with thought and energy patterns to create transformation. The daily yoga program consists of Asanas (body postures) based on Hatha-yoga, Pranayama (breathing exercises), and meditation techniques including guided meditation and elements from shamanistic traditions such as trance journeys.

You will learn to be nurtured by the dynamic balance between inhalation and exhalation and will gain new insights by becoming aware of the variation between internal and external experiences. Within deep silence you can experience knowledge straight from the heart.

There is a maximum of 12 people per group.





Tanja

Studied transformative yoga in Amsterdam and has been teaching since 2005. At the University of Applied Sciences Münster she studied social pedagogy and psychology. She has spent the majority of her life developing skills in shamanism and personal development.

Tanja also practices healing massage combining Shiatsu pressure points, ayurvedic massage, and healing techniques.

Ludwig

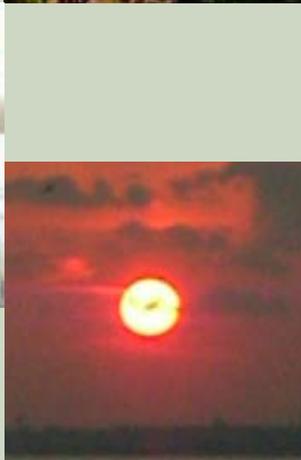
Your host at Naya has been meditating for over 30 years. In the daily meditation he will help you experience deep relaxation without falling asleep, clarity without distracting thoughts and the lightness behind self-created barriers.

Naya Retreats & Büyükada

Büyükada, the largest of the Princess islands, is only thirty minutes from the center of Istanbul with the fast ferry. You can also take the general ferry and get the chance to see dolphins playing. Seventy percent of the island consists of unspoiled nature and there are no cars on Büyükada.

Instead you will see bicycles and horse-drawn carriages while you stroll amongst the beautiful Victorian architecture. To explore the island you can use bicycles provided by Naya Retreats. You can also go on one of the many picturesque walks, visit the monastery on the hill, or head towards the sea to discover secret beaches.

Naya retreats are managed in a very eco-friendly way.





Program

- september 7th arrival at Naya
warm vegetarian evening buffet
- september 8th-12th
morning: 2h Yoga at sunrise
breakfast
- afternoon: 1,5h Yoga & 1h Meditation
warm vegetarian lunch buffet
free time starting around 15:00
- september 13th day off to enjoy Istanbul on your own or join
an excursion with Cigdem (professional guide)
- september 14th departure

Prices

- 7 nights incl. breakfast, lunch + 5 days yoga (deluxe double) €572,- p.p.
7 nights incl. breakfast, lunch + 5 days yoga (double) €460,- p.p.
7 nights incl. breakfast, lunch + 5 days yoga (double/ bathroom in hallway) €432,- p.p.

healing massages can be scheduled €30,- for 1h treatment.

fruit, tea and coffee all day
for child-care facilities and additional information contact Naya
www.nayaistanbul.com

registration until june 15th 2010, down payment €120,-.

check for cheap flights www.flypgs.com, germanwings and easyjet
early booking is less expensive

Contact

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