



YOGA ASHRAM
real yoga made easy



SUGARCANE
ELEPHANTS
Sweet Big Transformational Journeys



Yoga & Meditation in Turkey

Cappadocia & Istanbul 21st to 27th September

6 nights – 7 days

21st September – Arrive into Cappadocia

*Arrival into Istanbul @ 13.05 and take connecting flight to Cappadocia - Check in and relax.
Evening enjoy a yoga session followed by dinner at the hotel*



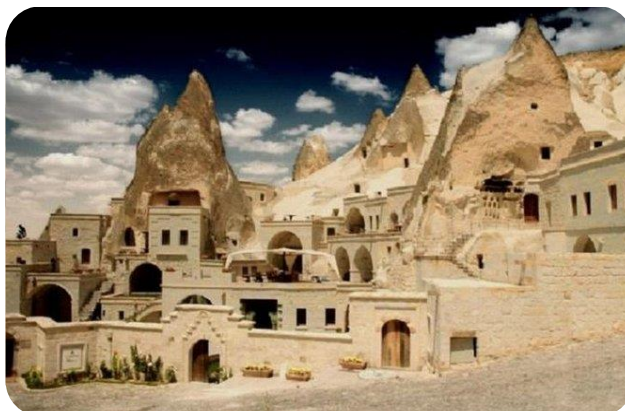
*Overnight : Abras Cave Hotel
Meals : Dinner*

22nd September – Day Tour of Cappadocia

Sunrise yoga followed by Breakfast at the hotel .

After proceed on a day trip to explore the magical city covering Devrent Valley, Pasabag, Avanos, Open Air Museum, Uchisar .

Back to the hotel in the evening ,yoga and dinner at hotel .



Overnight : Abras Cave Hotel
Meals : Breakfast , Lunch & Dinner

23rd September – Day tour of Cappadocia

Sunrise Yoga followed by breakfast.

After breakfast we leave to explore Red Valley, Cavusin Village , Underground City, Pigeon Valley & Ortahisar We break for lunch outside , back to the hotel , followed by a yoga session and dinner.



Overnight : Abras Cave Hotel
Meals : Breakfast , Lunch & Dinner

Optional Tour : Early Morning – Balloon Ride

The natural wonders of Cappadocia are even more impressive when viewed from the air and a hot air balloon flight is an unforgettable experience. On this tour, take to the skies for an hour-long flight, and enjoy a more intimate experience with standard baskets. Watch the sunrise as you float over the Cappadocian valleys, then celebrate your safe landing with a glass of Champagne.



*Overnight : Abras Cave Hotel
Meals : Breakfast Lunch & Dinner*

24th September – Departure for Istanbul – Dinner cruise on Bosphorus

** Arrivals from Cappadocia @ 10.35 am*

*Transfer to hotel , check in and relax
Evening Yoga session followed by Dinner on the cruise*

Turkish Night Show & Dinner Cruise Tour

We'll pick up to you from your hotels and transfer to Dinner Show Cruise 19:00 - 24:00.

SHOW PROGRAM

*Live Music - Dervish - Vals - English Tango - Turkish Traditional Dance - ChaCha - Bachata-Jive Dance
- Gypsy Dance - Belly Dancer - Caucasian - Knife Show - Flamenko -Turkish Folk Dance - Live Dj
Performance*



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Overnight : TRYP by Wyndham Sisli Hotel
Meals : Breakfast, Lunch & Dinner

25th September – City Tour of Old Istanbul

Sunrise Yoga followed by breakfast. Later proceed to explore old town visiting Hagia Sophia, Blue Mosque, Grand Bazar, & Topkapi Palace.
Evening Yoga & dinner at the hotel.



Overnight : TRYP by Wyndham Sisli Hotel
Meals : Breakfast, Lunch & Dinner

26th September – City Tour of Istanbul

Sunrise Yoga followed by breakfast.
Later leave on a trip to visit Dolmabahce Palace & Galata Tower. After lunch free time to explore, Taksim Square, Istiklal Street and Cicek Passage on your own. End your day with yoga and dinner at the hotel..



Overnight : TRYP by Wyndham Sisli Hotel
Meals : Breakfast , Lunch & Dinner

27th September – Grand Bazar & Hammam

Start the day with Yoga . After breakfast you are free to try the famous Turkish Hammams or go shopping at Grand Bazaar which is a walking distance from the hotel .

Meet at the hotel for transfer to the airport in the evening. Back to Dubai - FLIGHT @ 22.25 FLY DUBAI

Meals : Breakfast

Inclusions :

- *Everyday Yoga & Meditation sessions with Sheshank*
- *Accommodation for 6 nights and 7 days at mentioned hotels.*
- *All meals as mentioned in above itinerary*
- *Airport Transfers in both cities*
- *Excursions with a private transport*
- *English speaking guide*
- *Entrance tickets to mentioned sites*
- *Dinner Cruise on the Bosphorus*



Further Information on the retreat

Accommodation

<i>Destination</i>	<i>Hotel</i>	<i>No of Nights</i>
<i>Cappadocia</i>	<i>Abras Cave Hotel</i>	<i>3</i>
<i>Istanbul</i>	<i>TRYP by Wyndham Sisli Hotel</i>	<i>3</i>

Investment for the experience

Single Occupancy : *AED 8545 /-per room*
Shared Occupancy : *AED 7040/- per person*

Suggested Flights from Dubai

Airline: Fly Dubai

Dubai – Istanbul / FZ751 / 9.15 – 13.05

Istanbul – Dubai / FZ 755/ 21.15 – 1.10

Flights from Istanbul – Cappadocia

Airline : AJET

Istanbul – Cappadocia /VF3268 /17.05 – 18.00

Cappadocia – Istanbul / VF 3171/ 9.05 -10.35

Approximate Fare : USD 165 per person