

Unity's 11th year!



# Unity

## Yoga Retreat in Turkey

27 Aug - 3rd Sept 2012



Faralya, near Olu Deniz, SW Turkey  
Families & Individuals are welcome

Faralya family-run hotel is an incredibly peaceful and nourishing haven, beautifully located in the Turkish Babadag mountain range.

Ideal for re-connecting with nature and experiencing the laid back way of life, but also near enough to bustling towns, beaches and ancient sites.

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This is Sevanti's 11th year running her Unity Retreats at Faralya, as it is hard to resist the temptation to return to this secret and magical hideaway year after year!

Stunning sunsets over the Aegean ocean can be viewed from all front facing rooms, the chlorine-free swimming pool, workshop spaces and the outdoor restaurant. All of these areas overlook the sea and distant mountains of the coastline. Grape vine canopies provide shade for the restaurant area, Yoga platform and relaxation spaces.

The Hotel is surrounded by organic herb, vegetable and fruit gardens and mountains.

There are wonderful coastal / mountain walks all around Faralya, along the Lycian Way.



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There is a 2 hour daily class in Unity Hatha Yoga, and workshops in Unity Partner Yoga, 'Holistic & Acupressure Massage', and some Night Meditations.



Between classes you may book a restorative and rejuvenative holistic treatment, from Holistic Massage to Crystal Healing, Aromatherapy or Thai Massage. The Treatments are blissful and healing, and take place in a peaceful space within nature...

You may also decide to take a boat trip exploring the islands, go swimming, snorkling and diving, experience the Turkish Bath (Hammam), go horseriding, paragliding, walking...or perhaps just read, sunbathe and sleep! Its your holiday, you chose to do as much or as little as you wish.

The Yoga itself works on a very deep level, physically, emotionally, mentally and spiritually... you may chose to simply 'be' and relax in the gardens and by the pool the rest of the time... make the most of this quiet hideaway to get space and relax...



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## WHAT'S INCLUDED?

The following is a description of Faralya, and what is included in your Retreat cost:



- Family-run mountain hotel with sea views and environmentally friendly swimming pool
- Grape-vine covered terraces and balconies
- Olive groves and lush surroundings
  - \* Outdoor restaurant with sea and sunset views
- Idyllic sweeping beach and lagoon of Olu Deniz 20 minutes down the mountain
- Fethiye harbour town just one hour away
- Traditional home-cooked Turkish food - Half board: Breakfast and 3 course Dinner included
- Comfortable en-suite accommodation with mountain/sea views
- 2 hour daily Hatha Yoga class; including Pranayama and seated Meditation
- 2 Night meditations
- Holistic & Acupressure Massage workshop
- 2 Unity Partner Yoga Workshops





# Unity

About each workshop/class

Unity Hatha Yoga (6 x 2 hour Sessions)

Unity Yoga is flowing and restorative, inspiring spaciousness, lightness and freedom in the body. This 2 hour class



allows us to take a relaxing and peaceful journey, unfolding through yoga asanas, breathing techniques and Yoga Nidra (deep relaxation)

We start the session with relaxation and meditation, with specific pranayama techniques to increase vitality, relax and clear the mind.

We gently warm up the body and flow through a series of backward and forward bending, twisting and lateral movements, inversions, balances and standing poses. We work very organically, meaning that it is most beneficial to work 'with' the body we occupy, rather than pushing it into 'shapes' which feel uncomfortable and unhelpful. Instead, we connect deeply with our authentic movement to 'un-do' tension and invite a sense of ease and inner peace.

We end the session with deep relaxation, or 'Yoga Nidra'.

This Yoga is deeply relaxing and can be transformative; it invites us to let go and flow...



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## Unity Partner Yoga

(2 x 90 minute workshops)

Unity Partner Yoga is a refreshing & fun way to reach a deep and profound connection with Oneself & Others. Through joint-asana, meditation and relaxation practices, we can access a sacred peace and stillness from the trust and support of another. Deeply restorative and fun!

Sharing our yoga practice with one or more others, allows us to access a wide range of experience, from trust & support to laughter and lightness! Through joint-asana, meditation and relaxation practices, we can access a sacred peace and stillness, whilst also feeling light and playful.

Appropriate for all ranges of experience, and all relationships from friends to partners, and children to pregnant women.



## Holistic & Acupressure Massage

(1 x 90 minute workshop)

You may chose whether you wish to learn acupressure massage on the head & shoulder area, or more of a thai style acupressure massage which covers much of the body.

Acupressure Massage is taught through clothing, using various techniques such as pressure point release, kneading, percussion and stretching. Alternatively, the majority may wish to learn some Holistic Oil Massage... All are easy to learn for beginners and feel as wonderful to give as they do to receive!



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Night Meditations (2 x approx 30 minutes)

These Meditations will include some Pranayama and visualisation as well as silent meditation (techniques will be offered). A Yoga Nidra (Deep Relaxation) will take place during one of these sessions.

Holistic Treatments are available throughout the week, and may be booked and paid for in advance to secure your place. You may chose from the following:

Holistic Oil Massage

Thai Massage

Crystal & Reiki Healing

Reiki Healing

Aromatherapy

Reflexology



## About Sevanti:

Sevanti, the Director and Founder of the Unity Centre in Brighton(est 1995), created Unity Partner Yoga in 2003. Sevanti has been running 'Unity' since 1995, offering Yoga Retreats (Here at Faralya for 11 years), workshops and classes in Brighton. Her school was established in 2000, with her Brighton based Yoga



Studio, where she teaches the Unity Yoga Teacher Training (recognised by the IYN).

Sevanti also runs a Holistic Massage Diploma (validated by MTI), and Traditional Usui Reiki courses (validated by Embody). The school also offers Anatomy & Physiology (ITEC) A 5 day Post Graduate Partner Yoga Teacher Training course is now offered, inviting Students to access an incredibly profound connection through Yoga and Meditation.

(Recognised by the IYN) Yoga & Partner Yoga Retreats will take place in Sussex, and Turkey during 2012, and vaious workshops for General Partner Yoga and Partner Yoga for Pregnancy are offered throughout the year.



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This Retreat is appropriate for all levels of experience, from complete beginners, to teachers. You are welcome to come alone, as most do and you do not need to bring a partner for the Partner Yoga workshops! Families are welcome, a creche is available at extra cost to allow the little ones to have their own fun while the parent/s are in class!

#### Cost & Booking:

£450 or £425 early bird price if paid for by 27th June 2012

Deposit £250, balance by 27th July

Single Room Supplement £80

(Accommodation, full meals and all classes and workshops)

To book a place, please contact Sevanti directly:

Treatment prices

1 hour - £35, booked and paid for one month prior to the Retreat

1 hour -£45, booked and paid for on Retreat

You may download a booking form from the website

Please note that there is an early bird price for those who are able to book and pay in full by 27th June - £425 rather than £450.

Please find further information about Faralya on the following website:

<http://www.yuvaholidays.com/faralyahotel.asp>

Please note that flights will increase in price between now and August, therefore if you are hoping to book on the retreat, ensure that you book a flight as soon as possible!

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