

Relax Restore Renew Yoga Holiday Cirali Turkey 5th - 11th May and 5th - 11th October 2020



Booking & Payment Information.

Thank you for enquiring about the Cirali Yoga Retreat, please see below for details of booking and payment.

This document also has a 'What to Bring List' to give you an accurate idea of what you will need to bring with you.

A full programme and itinerary for the retreat will be sent to you on receipt of the booking form and deposit.

The total cost of the Cirali Retreat is £685.00, this includes the following:

- Return flights Manchester Antalya (including baggage allowance usually 20KG)
- Return transfers to and from Canada Hotel
- 6 night's accommodation based on 2 people sharing – a single supplement can be arranged at an extra cost.
- Breakfast, lunch and evening meals
- All yoga sessions

Please note: drinks are not included but are inexpensive, optional extras such as trips to historical sites and local ruins, boat trips and night time walk to the mythical burning mountain are not included in the price but again these are inexpensive and reasonably priced.

Booking a space:

To book / reserve a place on the retreat, return the booking form with the deposit (see below)

Please return your completed booking form to:

emma@at-yoga.co.uk

You will be notified on receipt of your booking form and issued with a full programme and itinerary.

The Cirali Yoga Retreats spaces fill quickly each year and you are advised to secure your space early to avoid disappointment.

Payment:

- 1) First payment is a non - refundable deposit of £300.00 this payment should be sent along with your completed booking form. The non-refundable £300.00 deposit is used to secure flights inclusive of hand baggage.

Cheques should be made payable to **AtYoga** for bank transfers please contact Emma for AtYoga bank details.

Flights are booked as a group booking, once the group flights are booked, the flight itineraries and tickets are emailed to all participants.
Please note the retreat deposit is non-refundable.

You will be asked to provide API (Additional Personal Information Details) which are passed to the flight provider, you will also need to provide details of an emergency contact whilst you are away on the retreat.

You will need to arrange your own valid travel insurance and entrance visa for Turkey (see details below)

The remaining amount is paid either in instalments or as one payment direct to AtYoga either by cheque made payable to AtYoga or via a banks transfer.

The remaining amount must be paid in full no later than 10 days before the date of travel.

Please note this payment is also non-refundable unless extenuating circumstances arise and at the discretion of both the tutor and the hotel.

Cheques should be made payable to AtYoga, for bank transfers please contact Emma for bank account details.

- 2) On receipt of full payment you will be sent details of the meeting arrangements at the airport on the date of travel along with a duplicate copy of flight tickets and flight itinerary.

You do not need to print and bring a copy of the flight tickets with you. On a group booking the lead traveller (retreat tutor) presents one ticket on behalf of the whole group.

It is arranged for the group to meet up at Manchester Airport on the date of travel 2 hours before the flight time. As a group flight booking the group need to check in together at the same time.

Entrance Visa for Turkey – please note that all travellers from outside of Turkey must obtain an entrance visa that is presented at Antalya airport with passports. Entrance visa's for Turkey are cheap (approximately \$20 / £14) and they are easily obtained by logging onto: evisa.gov.tr/en

Simply follow the links and enter your personal details including passport number, payment is done on line and then the visa is sent direct to your personal email where you can print it off.

PLEASE DO NOT FORGET TO BRING YOUR VISA TO THE AIRPORT WITH YOU ON THE DATE OF TRAVEL.

It is advised that you obtain your visa a MINIMUM of 7 days before the date of travel.

What to Bring

- Passport – please ensure your passport is valid and in date!
- **Print out of your Entry Visa to Turkey – available on line – see above information**
- Copy of travel insurance documents/policy number
- Details of emergency contact/next of kin in UK
- Light clothing for daytime / Yoga Clothes
- Light cardigans / warmer tops for evenings / warmer clothing for evenings
- Swim Wear
- Beach towel (also available at hotel)
- Sun glasses
- Sun cream
- Torch or head torch for the night time walk to the burning mountain
- Own toiletries
- Trainers / sturdy foot wear – this is for the evening walk to see the burning/flaming mountain – it is not possible to do the walk without suitable footwear (not flip flops!).
- Yoga Mat and any other equipment such as blocks and belts (you are advised to keep it simple and minimal)
- Pen & notepad
- Please note Cirali beach is a pebble beach - you may consider bringing either a pair of inexpensive light dive shoes or jelly sandals for easy and comfortable entrance into the sea, especially recommended for those with sensitive feet!
- Camera/mobile phone and chargers / adapter plugs
- Simple travel first aid kit
- Please do not forget to leave your worries and troubles behind – you do not need to bring these with you!

Other information

Food will be vegetarian with fresh fish options available – please advise if you have any allergies or special dietary requirements such as gluten free, vegan etc.

Do not worry if you are a meat eater! There are plenty of fresh organic meat options available too.

Please note there is now one ATM machine in Cirali – the other nearest option for a cash machine is approximately a 1.5 to 2 hour journey – therefore you are advised to bring most of your cash with you to cover cost of drinks, optional extras such as trips, local shops and gifts. There is a safe at the hotel where cash and other personal valuables can be kept.

Local currency is Turkish Lira, Euros are also accepted and a few local shops have card payment facilities. You are advised to bring mostly Turkish Lira with some Euros – as a rough guide 100/200TL per day would be suffice and 300/500 Euros for the whole time however please be guided by your own needs and requirements – Canada Hotel offer a currency exchange service.

If you have any questions or queries prior to securing your space then please contact Emma:

emma@at-yoga.co.uk

540 995

Mobile: 07941

I am writing to let you how much I enjoyed your October 2016 Yoga Retreat to Cirali in Turkey.

A perfect combination of Yoga practice at Sunrise on the beach and a more reflective, meditative and calming afternoon session under the shade of the beautiful trees at the wonderful small hotel we were staying at.

Your retreat helped me to make positive changes, put things into focus and literally changed my life for the better.

I cannot recommend your retreat highly enough. The Yoga, the company and the free time spent exploring the beautiful area or relaxing by the pool or in the gardens of the hotel.

I want to thank you and to wish you every happiness in the future.

Namaste