

OCTOBER 19th - 26th 2019

ENDLESS SUMMER OM YOGA RETREAT

Daily Yoga & Meditation - Beachfront accomodation - Farm-to-table food



OM YOGA
STUTT GART



DATÇA RETREAT - October 19-26 2019

A SUMMER THAT NEVER ENDS

Imagine one week of turquoise Mediterranean bliss, 2 yoga sessions per day with Oz, mouth watering farm-to-table organic Turkish food, simple but nice accommodation right by the beach and 2 excursions to explore the beautiful and ancient area by land and boat.



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THE AREA

Ovabükü Beach is located on the Southern shore of the 80km long Datça peninsula, a strip of land at the meeting point of the Aegean and the Mediterranean Sea.

Despite being located between Bodrum to the north, and Marmaris to the south, bad road access and its distance from airports have left it relatively unspoilt. Don't expect vibrant nightlife or fancy resorts but peace, authenticity and a real sense of escape.

The peninsula has coves, bays, and beaches in abundance. Sandy or rocky, they all share the same crystalline turquoise waters.





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YOGA

We will practice Yoga twice a day, with a balanced mix of *Bikram*, *Vinyasa*, *Yin* and *Meditation*.

In the mornings we set our intentions with centering the mind and breath to flow into *Bikram* practice.

Throughout the day we will play yoga, deep talk and explore nature, swim in warm turquoise water, eat the most delicious farm-to-table food and rest.

In the evening we meet up to practice a perfect balance of *Vinyasa* and *Yin*.

Throughout the week you will get a chance to observe how your practice evolves, ask questions, enhance your seated meditation practice and simply enjoy yoga outdoor and have fun with fellow yogis & yoginis.





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MEET THE TEACHER: OZ

I graduated Bikram Yoga Teacher Training in 2011 after 7 Years of regular practice and set out to teach for a year, mostly in the U.S., in Europe and Turkey. In 2013 I opened my own Studio in Stuttgart and started mentoring students and teachers alike. In 2015 I deeply felt the need to balance the powerful yang oriented Hot Yoga with an active yin component to my practice avoiding injury and depletion and in 2016 I took the Yin Yoga TT with Sarah Powers. Thanks to many of our visiting teachers, I started to regularly practice Vinyasa and will attend Sacred Geometry Vinyasa Teacher Training in August 2019. Understanding how powerful breathing, yoga asana and meditation is as a tool for self-realization and transformation is the most exciting thing for me. The subject is so complex and vast that there is no end to learning, discovering and connecting, it's a life time practice and study.





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HOSPITALITY & FOOD

You will stay in simple and comfortable double or single rooms in a small, family-run *pansyion* located just a few meters away from Ovabükü beach.

The genuine and sincere hospitality from the owners, the friendliness of the staff and the quietness of the surroundings are what makes the charm of this place.

Right behind the guesthouse is a big organic veggie garden where all the ingredients for the food served at the beachfront restaurant are sourced. You will have abundant Turkish breakfasts with home baked bread and fresh fruits; authentic *meze* spreads and local fresh seafood from the surrounding waters.





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DAILY SCHEDULE

7.30AM Morning Yoga practice

9AM Yummi Turkish breakfast

ENJOY THE BEACH AND YOUR FREE TIME!

1PM Light veggie based lunch

ENJOY THE BEACH AND YOUR FREE TIME!

6PM Evening Yoga practice

8PM Dinner

There will be two excursions during the week, one by sea and one by land.





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EXCURSIONS

VISIT TO AN OLIVE FARM & OIL PRODUCTION FACILITIES.

You will get a chance to explore a beautiful olive grove, pick olives and see how olive oil is produced. You will get an olive oil bottle to take home for you to taste with your loved ones.

BOAT TRIP EXPLORING THE COVES OF THE DATÇA PENINSULA.

The Datça peninsula has a 350km coastline. You will have a chance to swim in hidden bays and beaches, snorkel in turquoise waters, and sunbathe on the boat deck.

We will also visit the ancient city of Knidos, one of the most important historical sites in the area.





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PRICES

DOUBLE ROOM € 650

SINGLE ROOM € 750

WHAT IS INCLUDED

7 nights accomodation

Breakfast, lunch and dinner

2 Yoga classes a day

2 Weekly excursions

Transfer a/r to the Dalaman airport

WHAT IS NOT INCLUDED

Flight a/r

Tips



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BOOKING & PAYMENT

For inquiries and booking contact us via email at info@omyogastuttgart.com or ask directly at our studio.

This retreat requires a minimum of 10 participants enrolled by August 19th 2019. Unfortunately the event can and will not take place with only 9 participants or less.

We will confirm the event and your booking after August 19th and expect payment subsequently via bank transfer as follows or directly at our studio.

Bank Name: Volksbank Stuttgart eG

IBAN: DE71600901000194775003

BIC: VOBADDESS

A/C: HOT YOGA STUTTGART

Ref: Retreat 2019



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FLIGHTS

Flights are not included in the retreat package, but we are happy to assist with finding the best flights to Dalaman from your departure airport.

We provide a free of charge airport transfer departing once from and to the Dalaman airport on the 19th and 26th of August. If your flights arrive or depart at a time that is not compatible with the shuttle, we are happy to arrange an alternative transfer solution for you for a small extra cost.

Simply send us an email to info@omyogastuttgart.com if you need any assistance.





VISIT

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CONTACTS

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