

Jyengar Yoga Holidays in Southern Turkey

With
Sheila Haswell & Jilly Hill



30th August—6th September 2009
6th September—13th September 2009

Two weeks of yoga and sunshine in the beautiful, unspoilt setting of southern Turkey. The first week will take place at the wonderful venue of Angels Garden where a dedicated yoga space has been built in this secluded valley. This week is suitable for all levels of student. The second week sees us moving to Heliotropes new venue of Onuncu Koy, nearer Adresan beach. Sine & Aden have found a delightful hotel with a yoga studio for us to enjoy. This second week is aimed at Intermediate students but with two teachers on hand, it is possible for those with less experience to attend. Two vegetarian meals are provided each day. Yoga classes take place both morning and evening. The rest of the day is left for you to enjoy the beaches, pool and excursions. To book these holidays contact Heliotrope Yoga Holidays on +44 (0)208 556 7315 or see their website

www.heliotrope-yoga-holidays.com

