



Flora Brajot

Ashtanga Yoga Retreat

IN TURKEY

Ashtanga Yoga retreat in TURKEY

From 23rd to 29th of April 2023

Dear students ,
for the next spring, I'm offering you a get
away to a country I specially cherish, for
having living there some years ago :
Turkey .
We will stay close to Çeşme, in the
beautiful yoga retreat of Çeşmeköy.





Ashtanga Yoga retreat in TURKEY

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The yoga retreat of Çeşmeköy is a sustainable life project established in Çeşme (4km away) and close to İzmir (80 km away)

It is a one-of-a-kind nature hotel, restaurant and event venue surrounded by forest, homegrown and locally sourced produce, providing accommodation with a rustic and minimalist decoration on the hill overlooking a beautiful sea-view landscape.

The restaurant gives priority to organic products from the garden or from local farmers



The Shala

a gorgeous and spacious room (200m²),
facing the sea view

The practice

mornings : mysore or led class

Late afternoons: asanas workshops/
restorative yoga

1 afternoon will be free for an expedition
around the area or by boat to the islands

Level and pre-requisites

1 or 2 years of ashtanga and to be used to
the Mysore class format





Accommodation in double bedrooms

Beautifully decorated and spacious , just
above the Shala.

or in tiny houses, fully
equipped

(bathroom , kitchen, fridge, ...) facing the
garden and sea view)





PROPS to carry

yoga mat, yoga belt, 2
briques, 2 blankets
(Iyengar type)





MEALS

The restaurant of Çeşmeköy likes to please and satisfy the needs of its guests. The food will be vegetarian providing all the required nutriments for yogis and using mainly products from its own garden or from the local producers and farmers.

7.30 am : light snacks for those who can't do without ;-) (fruits, dried fruits p, nuts ...) and tea, coffee, infusions ...

11.30 am: brunch

7pm : dinner

To notice ! The bar/restaurant is open all day for extra and non complementary food or drinks you might request .

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PRICES

- 6 days including bedroom and meals :
- double bedroom : 390€/ person
- double tiny house : 480/ person
- + yoga classes (6 days) : 420 €
- (members of the Shala Bordeaux)/
- 450€ non members

TOTAL : 810€/840€ (double bedroom) or 900€/930€(double Tiny House)

Non included :
transports
(flights etc..) , excursions,
activities and visits
out of the yoga retreat, as any non
complementary snacks or drinks
at the retreat center restaurant.

RESERVATIONS



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