

Jules Yoga

07780 905729

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YOGA Holiday in Dalyan, Turkey



Immerse yourself in Yoga to nurture and rejuvenate your body and mind. Each day we will explore the physical practice (Asanas), breathing techniques (Pranayama), be introduced to meditation and learn relaxation tools and techniques. Price includes all yoga sessions and use of all yoga equipment all breakfasts or brunches and 4 evening vegetarian meals. Spectrum Turkey has en-suite poolside single rooms with spectacular views across the mountains of Dalyan, indoor and outdoor yoga spaces, a swimming pool and plenty of chill out areas

Jules is an experienced British Wheel of Yoga Teacher with 12 years of teaching experience with a passion for making the practice of yoga accessible for all.

Mon 12th October 2020– Mon 19th October 2020

£520 single en-suite

£470 double or twin en-suite on a sharing basis

£450 for a non-yoga partner sharing a double or twin



For more details or to reserve your place

Contact Jules on: 07780 905729

or e-mail: jules@ludlowyoga.co.uk