

Exclusive 4-day retreat
Max. 10 people

ISTANBUL

Outdoor yoga sessions | beach |
health mediations | detox |
citytrip with local guide

YOGA *retreat*



More information through
+31 6 18 32 36 60 or e-mail
info@olivesandamazons.com

WHEN?

Thursday 16 t/m Monday
20 September



***WITH FRESH JUICE
EVERY DAY**



A photograph of a garden area. In the foreground, there's a white building with a green awning and a window featuring a colorful stained-glass pane. A green patio umbrella is partially visible. The background is filled with lush greenery and flowers. Overlaid on the image is the text "DETOX & ENERGISE" in a large, white, cursive font, and below it, the website address "WWW.SERGUZESTOTEL.COM" in a smaller, white, sans-serif font.



programme

Olives & Amazons Yoga Retreat

Thursday, September 16

- 9.00 pm Arrival at Sabiha Gokcen airport
- 10.00 pm Hotel, check-in and welcome drink

Friday, September 17

- 8.30 am Hatha Yoga class
- 10.30 am Breakfast / Brunch. Handan will explain the plans per day and possible treatments* that you could optionally take
- 11:30 am Swimming, walking, exploring the area
- 5.30 pm Fresh Juice
- 6.00 pm Meet the Medical & Physician
- 6.30 pm Tapas Dinner (Mezze) included.
- 8.30 pm Yin Yoga class

Saturday, September 18

- 8.00 am Hatha Yoga class
- 9.30 am Breakfast and Fresh Juice
- 10.30 am Boat to Istanbul for a city trip with a local guide. Dinner in Istanbul*
- 9.30 pm Back from Istanbul
- 10.00 pm Yin Nidra Special (Sleep yoga class)

Sunday, September 19

- 9.30 am Hatha Yoga class
- 11.30 am Breakfast / Brunch
- 12.30 pm Swimming, hiking, exploring the area, treatment(s)* of your choice
- 6.00 pm Fresh Juice
- 7.00 pm Dinner in restaurant on the island*
- 8.30 pm Yin Yoga class

Monday, September 20

- 8.30 am Hatha Yoga class
- 10.30 am Breakfast / Brunch
- 11.30 am Swimming, hiking, exploring the area, treatment(s)* of your choice
- 6.00 pm Fresh Juice
- 7.00 pm Departure to Sabiha Gokcen airport

*Cost of treatment(s), boat trip, dinner not included

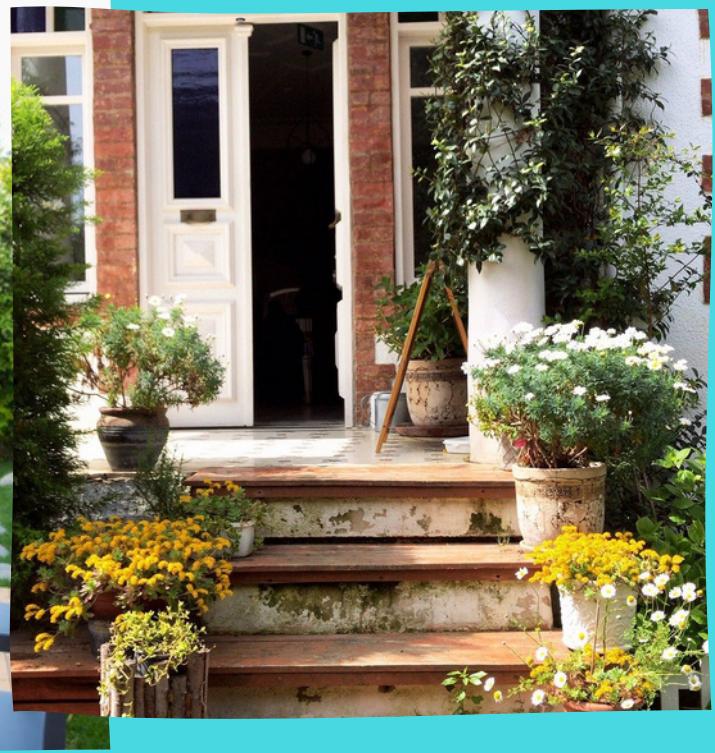
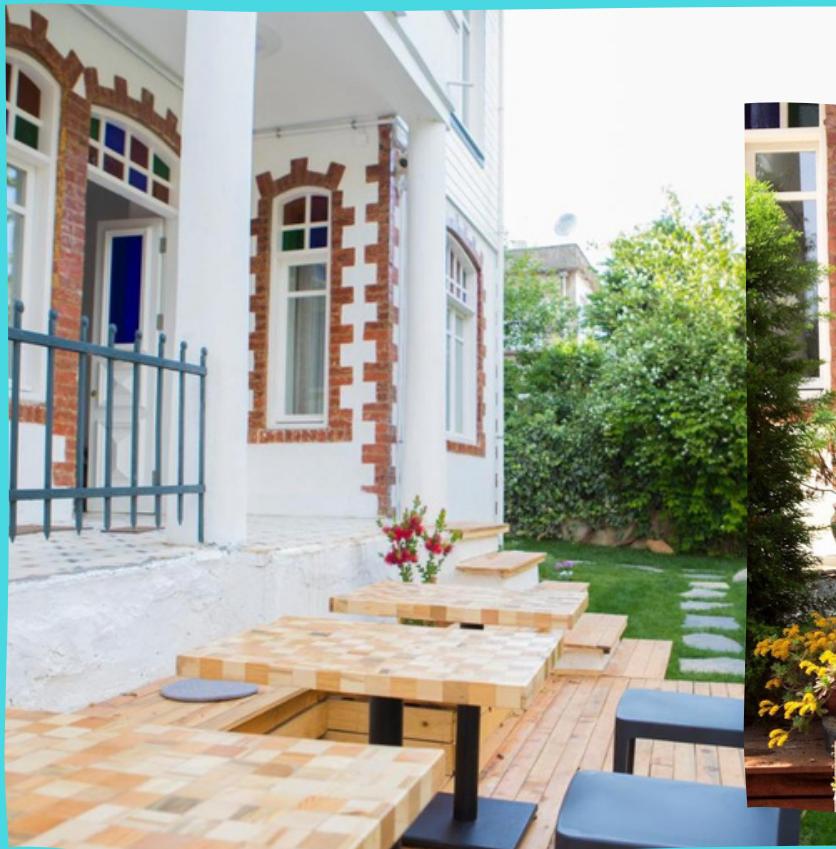
This program is subject to changes



The whole hotel, just for us



You spend the night in the atmospheric boutique hotel Serguzest, which is located on the island of Büyükada just in front of Istanbul in the sera of Marmara. We arrive by boat and walk to the hotel. Cars are prohibited on the island, but you can rent a bike. The island has several beaches, ready for us to take a swim. This beautiful 5-star hotel is completely at our disposal and has its own garden where we will do yoga. Unwind & relax and get to know Istanbul in a unique way.

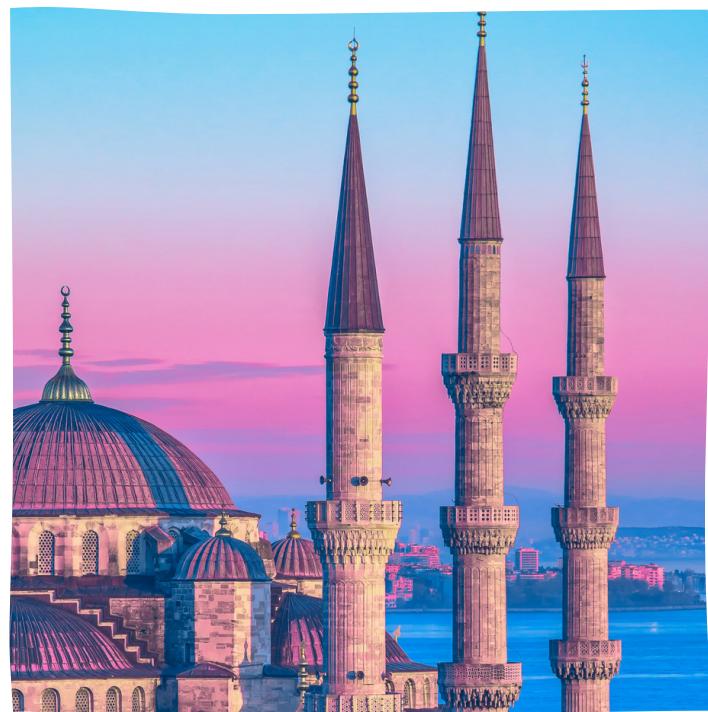
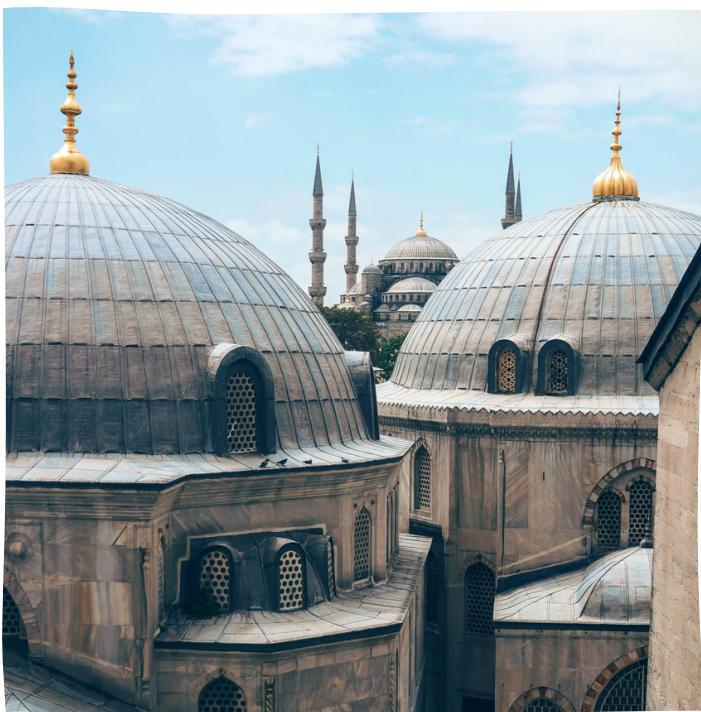




*Fun
Enjoy
Time for you*

Visit Istanbul with our local

We are making our stay even more perfect by combining it with a visit to one of the most beautiful cities in the world: Istanbul. We will show you around the city with our Turkish local, to the real Turkish places.

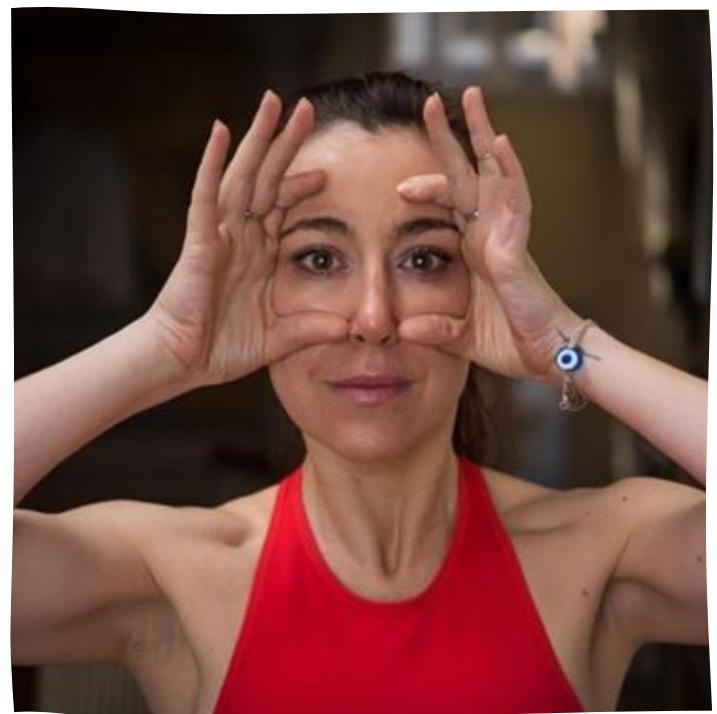


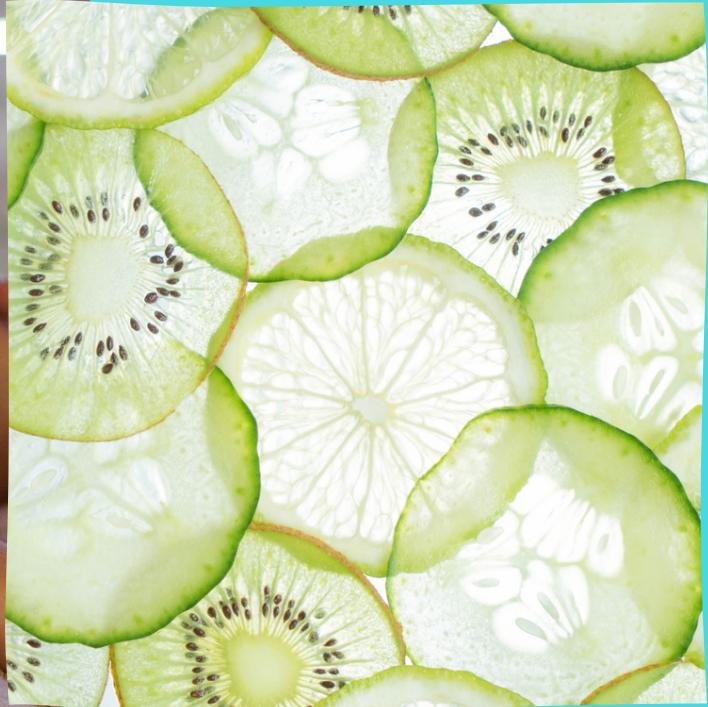


Meet your teacher

Every morning a Hatha Yoga class
and in the evening a wonderful
relaxing Yin Yoga.

Your host and teacher: Handan
Aydin, who has been teaching for
over 10 years in yin, hatha, bikram,
face yoga.





Detox & relaxation treatments specially for you

Enjoy a wonderful massage, pedicure and/or manicure. Ozone, vitamin c and/or glutathione treatments are also possible. This to promote the quality and recovery of the skin or a 'vitamin drip' with antioxidants and minerals to support your whole immune system. The vitamin infusions are tailor-made following an intake interview with a medical and physician.





Olives & Amazons

JOIN US!

Book now for 599 euros p.p. Limited number of places available

This long weekend is all about yoga and relaxation. Time to boost your immune system. Recharge at this unique location. We have made it possible to take a natural ozone, glutathione or vitamin c treatment. Or treat yourself with a manicure, pedicure or massage!

This package costs 599 euros per person for accommodation, breakfast, dinner on Friday, yoga classes and local tour guide Istanbul. Would you like to stay in a double room with your partner or friend? Then we offer a 179 euro discount. You will pay for the total package 1,019,- euros for two persons.

This is excluding flight (we do have good tips for flights), boat transfers, dinner on other days and treatments.

**More information and to say yes to this opportunity call +31 618 32 36 60
or e-mail info@olivesandamazons.com**