



GREECE / TURKEY 2010

YOGA & CULTURE TOUR

23rd May - 12th June 2010

“TRUTH, BEAUTY, FREEDOM, LOVE”

WITH ANDREW MOURNEHIS AND MARGARET FERLA



Wake up to breathtaking views

White washed buildings set against vibrant blue backdrops

Dance whilst the sunsets over crystal blue waters, Swim carelessly, Visit Ancient Ruins, Relish local delicacies, Feel the Bouzouki Breeze.

Embrace the TRUTH of YOGA, Calm your Mind, Open your Heart and explore the BEAUTY of your Soul

Be soothed by “Call to Prayer”, Come Sail, Fly, Feel Alive and Be FREE... LOVE like Rumi... float and simply BE

...And the “Truth and Beauty” begins in...

ATHENS, A historical city housing one of the 7 Great Wonders of the World - the Acropolis (or Parthenon) which towers high and is visible from almost every quarter of the city. After settling into the energy & passion of this vibrant city, with a glorious half-day tour of the metropolis we embark on our tour of the Greek islands. First Port, **MYKONOS** the most popular of all the Greek islands, the locals have preserved the traditional character and charm of this beautiful land. Explore the many sheltered coves and secluded beaches, have afternoon tea in the famous windmill lined harbor, get lost in the maze of whitewashed side streets in Mykonos town, and embrace the nightlife which is both lively and cheeky. Take a day trip to the island of Delos and explore the ancient ruins of a lost civilization...from here we ferry to **SANTORINI**, an island of romance, serenity & beauty. Our hotel rests on a dramatic cliff face with awe-inspiring views and divine sunsets. To See, is to Believe! Last Port, **RHODES**, one of the largest and most beautiful islands, we explore the Medieval Town and coastal Lindos. One of the true delights of Rhodes, however, is the valley of the butterflies...truly Breathtaking and Magical!

...And the “Freedom and Love” continues as we fly...

...from Rhodes to **Istanbul**, a city, rich in history. We will delight in the flair of this modern city and visit some historic sites that have formed and transformed Istanbul into one of the world’s greatest cities - Hagia Sophia, the Blue Mosque, the Grand Bazaar. We’ll view the Bosphorous waterway that links Europe and Asia and we’ll taste the variety and richness of the Turkish cuisine. Our tour takes us to the famously strange and wild topography of **CAPPADOCIA**. Created millions of years ago by erupting volcanoes, these formations have become the famous ‘fairy chimneys’. A spectacular early morning balloon flight will be an option here. We visit the resting place of the Sufi mystic poet Rumi in **KONYA**, before spending 5 days cruising the turquoise waters of the Mediterranean coast in a traditional Turkish gulet. We will sail to the beautiful and charming **KAS**, a coastal town surrounded by mountains where the cobble stoned streets invite you to wander. We can climb to view the coastline from a fortress high on **SIMENA**, walk in nature along the ancient Lycian Way, or simply remain on board our gulet to relax and swim in the azure waters of the Med... Our tour ends in **FETHIYE**...

Let the joys of Yoga and travel inspire you to take this journey...

Greece Tour

Dates: 23 May – 2 June 2010
10 nights / 11 days

Turkey Tour

Dates: 2 June – 12 June 2010
10 nights / 11 days

Cost

AUD \$3270 twin for each tour

OR

Come along to both and receive a **10% discount** (AUD \$5886)

Includes all yoga sessions, airport transfers, hotel accommodation, selected day tours and some meals, Ferry transfers, domestic flights, Gulet Cruise, and welcome dinner on first evening.

Single supplement available on request. Phone or email to register your interest or request full itinerary. A registration form will be sent with 3 step payment details.

Bookings and enquiries

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Please Note: There may be minor changes to itinerary.