

TRUTH BEAUTY FREEDOM LOVE TOUR...GREECE AND TURKEY 2010

A Yoga and Cultural Tour with Andrew Mournehis and Margaret Ferla

23 May to 12 June 2010

DATES

23 May – 12 June 2010

COST

Greece Tour AUD \$3270 Twin
Turkey Tour AUD \$3270 Twin
Greece & Turkey Tour AUD \$5886
(includes 10% discount) Twin

PAYMENT

1st payment of \$1200.00 deposit upon registration (non-refundable)
2nd payment of \$1800.00 by 19 April (non-refundable)
3rd payment of the balance of your booking by 10 May

Single supplement available on Request

DAY 1

Sunday 23 May

Athens (Dinner)
Welcome to Greece!!! Yiasou!
Arrival into Athens by 5pm
Settle into Athens Hotel:
"Electra Palace Hotel"
Opening Circle and Welcome Dinner
Overnight Athens

DAY 2

Monday 24 May

Athens (Breakfast)
After a glorious morning Yoga practice we have a half-day tour of the magnificent sites of the City including the Acropolis, Parthenon and Museum. Afternoon free to explore Athens
Evening yoga practice, meditation and relaxation.
Overnight Athens

DAY 3

Tuesday 25 May

Athens (Breakfast)
Morning boat trip to the Island of Mykonos
Arrive in Mykonos and settle into Hotel "Mykonos View by Semeli" or equivalent
Evening Yoga session and sunset meditation
Overnight Mykonos

DAY 4

Wednesday 26 May

Mykonos (Breakfast)
Morning Yoga Practice
Explore the beautiful Mykonos town, go shopping amongst many local boutiques, have afternoon tea in the famous windmill lined harbour, get lost in the maze of whitewashed side streets in Mykonos town
Evening Yoga Practice and sunset meditation
In the evening embrace the nightlife, which is both lively and cheeky.
Overnight Mykonos

DAY 5

Thursday 27 May

Mykonos (Breakfast)
Yoga Free Day
A day just for you!!!
Explore the many sheltered coves and secluded beaches of Mykonos Island
Take an *optional* day trip to the island of Delos and explore the ancient ruins of a lost civilization
Truly Amazing!!!
Overnight Mykonos

DAY 6

Friday 28 May

Mykonos (Breakfast)
Morning Yoga Practice
2:45pm Ferry trip to Santorini
Arrive on the breathtakingly beautiful island of Santorini
Settle in to our hotel: "Kamares Apartments"
Overnight Santorini

DAY 7

Saturday 29 May

Santorini (Breakfast)
Morning Yoga Practice
Explore this beautiful island of romance, serenity & beauty. Fira town, is truly spectacular ...visit the old volcano, or sip greek coffee in the many cafes and restaurants that dot the spectacular cliff face of Santorini.
In the evening we will travel to the Sunset village of OIA
Evening Gentle Yoga Practice and sunset meditation
Overnight Santorini

DAY 8

Sunday 30 May

Santorini (Breakfast)
Morning Yoga Practice
Day free to explore the many sights and adventures of Santorini
Evening Overnight Boat to Rhodes

DAY 9

Monday 31 May

Morning Arrival in Rhodes
Settle in to Hotel: "City Centre Hotel" Day free to explore the old city of Rhodes
Evening Yoga practice and deep relaxation
Overnight Rhodes

DAY 10

Tuesday 1 Jun

Rhodes (Breakfast)
Morning Yoga practice
Day trip to the "Valley of the Butterflies" ...*beautiful ...transformative ...divine*
Evening Gentle Yoga Practice and Relaxation
Overnight Rhodes

DAY 11

Wednesday 2 June

Rhodes / Athens / Istanbul (Breakfast, Dinner)
Morning Yoga Practice, Meditation and Closing Circle for Greece
Travel from Rhodes to Istanbul via Athens and transfer to our hotel.
Welcome dinner.
Overnight Istanbul

DAY 12

Thursday 3 June

Istanbul (Breakfast)
Morning Yoga Practice
After Breakfast, we will take a half-day tour of Byzantine Relics including Hagia Sophia, the Blue Mosque, the Hippodrome and the Grand Bazaar. The afternoon is free to explore Istanbul.
Evening Yoga Practice
Overnight Istanbul

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DAY 13

Friday 4 June

Istanbul / Goreme (Breakfast)
After breakfast we have a morning flight to Nevsihir and transfer to our hotel in Goreme, Cappadocia, a region of spectacular beauty and history. We will visit the Open Air Museum in the afternoon.
Evening Yoga Practice and deep Relaxation
Overnight Goreme

DAY 14

Saturday 5 June

Goreme (Breakfast)
Morning Yoga Practice or you may like to take the opportunity to fly in an early morning hot air balloon flight over the incredible landscape in this magical region (not included in price).
It is unforgettable. The rest of the morning is free time. After lunch we will visit the Ihlara Valley.
Evening Yoga Practice and meditation.
Overnight Goreme

DAY 15

Sunday 6 June

Goreme / Konya (Breakfast)
Morning Yoga Practice
After breakfast we travel by bus to Konya where we visit the resting place of Jalalaldin Rumi, the mystic Sufi poet.
Evening Yoga Practice with inspirations from Rumi.
Overnight Konya

DAY 16

Monday 7 June

Konya / Dalaman /Gulet (Breakfast, Dinner)
Today we take a morning flight to Dalaman Airport via Istanbul, where we will be taken to board our private Turkish Gulet in Gocek Harbour.
Deep Relaxation Session
Overnight onboard Gulet

DAY 17

Tuesday 8 June

Gulet (Breakfast, Lunch, Dinner)
Morning Yoga Practice
After breakfast we explore, swim, read, walk, etc.
During our days on board our Gulet we will visit some beautiful sites along the Turkish coastline, including Oludeniz valley, Kalkan Bay, Kas Marina, Sunken city in Kekova and Simena. These excursions will be a little fluid as we will suit them to weather, time and desire.
Evening gentle soothing yoga and relaxation
Overnight onboard Gulet

DAY 18

Wednesday 9 June

Gulet (Breakfast, Lunch, Dinner)
Morning yoga practice
After breakfast we explore, swim, enjoy...as above.
Evening yoga and meditation.
Overnight onboard Gulet

DAY 19

Thu 10 June

Gulet (Breakfast, Lunch, Dinner)
Morning yoga practice
After breakfast we explore, swim, enjoy...as above.
Evening yoga, pranayama and relaxation.
Overnight onboard Gulet

DAY 20

Fri 11 June

Gulet (Breakfast, Lunch, Dinner)
Enjoy a sleep in with a divine sumptuous breakfast then explore, swim, enjoy...as above.
Evening yoga practice, meditation and relaxation
Overnight onboard Gulet

DAY 21

Saturday 12 June

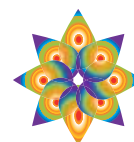
Gulet / Fethiye (Breakfast)
Our final morning yoga practice and closing circle
Our tour ends after breakfast and we disembark in Fethiye.

PRICE INCLUDES

All Yoga sessions
Welcome Dinner – Athens and Istanbul
Hotel accommodation
5 night Gulet cruise
Flights:
1 Rhodes / Athens / Istanbul
2 Istanbul / Nevsihir
3 Konya / Istanbul / Dalaman
Airport transfers and transportation where applicable on tour
Ferry and Boat trips as listed in Itinerary
Breakfasts, Lunch and Dinner where indicated in itinerary
English speaking tour guide on sightseeing tours outlined in itinerary
Entrance fees to museums and sites mentioned in itinerary

PRICE EXCLUDES

International return flights Melbourne
Airport & departure taxes
Turkish visa (US\$20 – payable on arrival)
Drinks with meals
Entrance/sightseeing/meals other than those in itinerary
Travel insurance – We strongly recommend you take out travel insurance
Personal expenses such as phone calls, laundry, room service, etc.
Services not listed in 'Price includes' above
Please Note:
Minor changes to the itinerary may occur.



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andrew mournehis yoga