



NIKKIWILKINSYOGA.COM

AUTHENTICITY GRACE AWARENESS

ECO YOGA RETREAT - TURKEY 8-13TH SEPTEMBER 2025

I invite you to escape and for five days immerse yourself in the practise of vinyasa, yin, meditation and pranayama.

In our busy city life, yoga is often sandwiched between travel, phone calls, texts, work, family commitments and 60 minute studio timetables. And so a retreat is just that: a withdrawal from the noise and digital

mayhem, a place to indulge, grow and learn more about this beautiful practise and deepen your own personal yoga practise. Nestled high in the valleys of eastern Turkey, 30 minutes from the coast, is Yenice Vadi Natural Life Village. Here we find quiet and stillness, a place to dive deep into a full 90 minute morning practise with meditation,

pranayama, and asana. Evenings will be Yin or Hatha and Nidra.

It's this full immersion with like minded people which allows for us to connect to our authentic selves, and with daily discipline (tapas) comes grace and awareness. Expect nourishing organic food prepared on site from locally sourced produce, beautiful quiet hotel

rooms and a selection of cabins and cottages shaded by pine trees. Spend time at the swimming pool, hiking the valleys, take a boat trip and snorkel the coast or relax with a deep tissue massage. Or do nothing.

THE VENUE



Yenice Vadi Natural Village is situated on the south western coast of Turkey, 1hr 20 minutes drive from Dalaman airport, nestled in the valleys of Mugla, surrounded by pine trees. The concept of Yenice Vadi grew from a love of traditional Turkish village life and the desire to sustain our natural environment. Accommodation has been built using traditional local materials, to include a

treehouse, stone cottages, and a log cabin, each with plenty of space, well-furnished and fully equipped. The focal point is a stunning stone-built boutique hotel, which fits perfectly with the surrounding countryside. Naturally there is also a freshwater pool, with swimming facilities and a restaurant serving locally sourced organic farm produce.

WHAT'S INCLUDED:

- * FIVE nights accommodation
- * Four days of twice daily practice (1 x vinyasa 1 x yin)
- * Opportunity to workshop postures after sessions
- * Meditation and pranayama
- * Vegetarian breakfast, snack lunch and dinner
- * Water, tea and coffee (instant) at meal times and in rooms
- * All bed linen and towels (including pool/beach)
- * Yoga mats and all props
- * Use of swimming pool



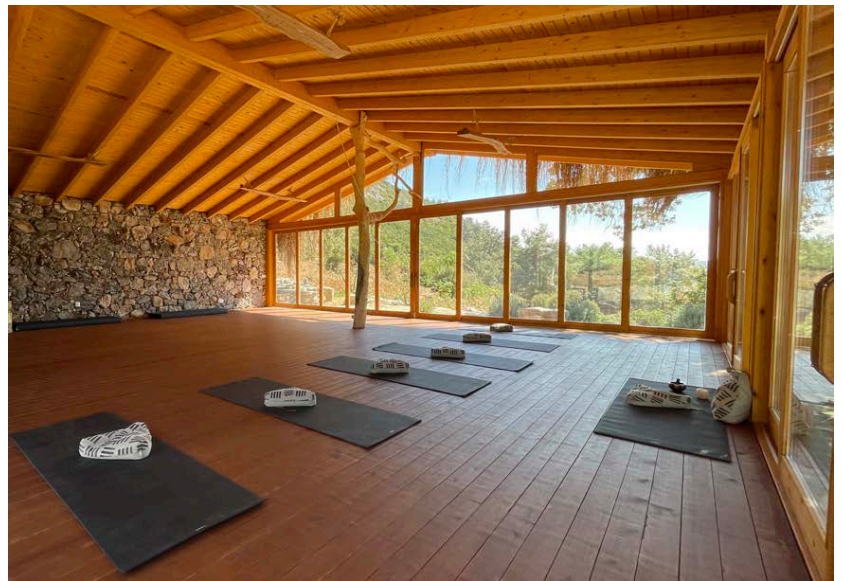
WHAT'S NOT INCLUDED:

- * Flights to/from Dalaman (It is possible to fly to Bodrum however Dalaman is recommended)
- * Airport transfers around £65 pp to Mugla (return)
- * Sauna and hammam
- * Massage/treatments
- * Alcoholic drinks/fresh coffee
- * Boat trip - this costs around £65 pp and includes food and transfers
- * Excursions

THE YOGA SHALA



Each morning and evening we will practise facing views of the pine covered valleys with not a tube or car in sight. The shala is fully equipped with mats, bricks and bolsters but please feel free to bring your own mat. Water and tea are also available and of course, we have sounds for those of you who love the 4 beat breath count vinyasa practise. Here we will meditate and practise pranayama with only the sounds of nature. A mixture of Yin, Nidra and Hatha will be our evening practise, a perfect setting for quieter inner exploration.

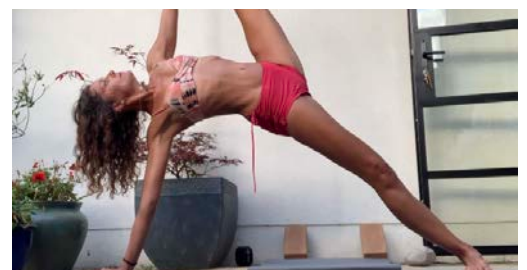


TEACHER: NIKKI WILKINS



In 2010 a physiotherapist ordered me to yoga to try and fix my knee - weak quads and imbalances had caused patella tracking and dislocation injuries since my teens. As so many yoga stories go, the knee improved, and then everything about my life began to change. From hot yoga, forest, Jivamukti and Ashtanga, I tried it all and on a quest to get closer to the philosophy and roots of yoga, I took Yogasana 200 hour TT in 2015 with Stewart Gilchrist. Trauma training with Yogamala, 20 hours pranayama with

Richard Rosen and 50 hours Rocket/20 hours Yin with Marcus Veda and Hannah Whittingham. I teach dynamic vinyasa, yin and Nidra across east London from Walthamstow to Liverpool street and beyond.



THE ACCOMMODATION:

There is plenty to choose from at Yenice Vadi: private rooms in the main hotel building, stone cottages, a treehouse, log cabin,

chalets and a two bedroom cottage. All rooms have kingsized beds and ensuite bathrooms. To book email nikkiwilkins@mac.com

I'll send you a link to pay a £300 deposit to secure your booking. Terms and conditions apply on deposit of payment. See website.

STANDARD SINGLE HOTEL ROOMS: X4



- * Inside the main hotel
- * 1 guest
- * 3 with King sized bed
- * 1 with two single beds
- * Small balcony or terrace

Single £975pp
Double £875pp

SUPERIOR HOTEL ROOMS: X4

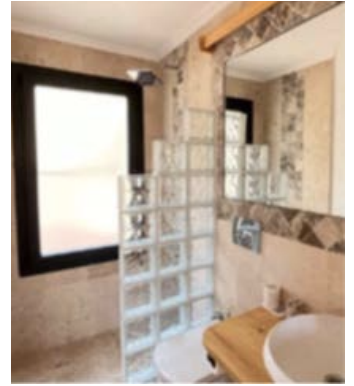
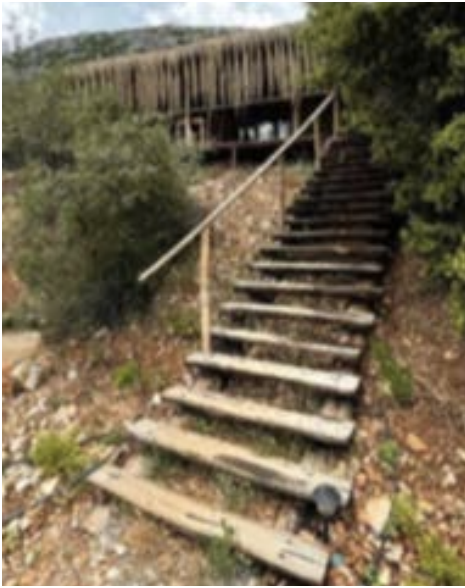
- * Inside the main hotel
- * 1 or 2 guests
- * 1 King sized bed or 2 singles
- * Small balcony or terrace

Single £1025pp
Shared £875pp



DISCRETE GARDEN ROOMS:

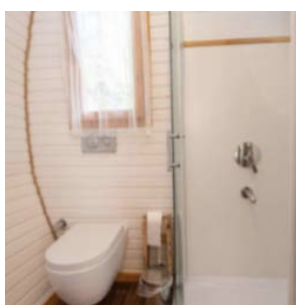
CHALETS X 3: AVAILABLE



- * **Rosemary Thyme and Sage**
- * 1 or 2 guests
- * 1 King sized bed
- * PLUS 1 x single bed
- * Veranda

Single 1250pp
Shared (x2) £1000pp
Shared (x3) £700pp

OLIVE COTTAGE: AVAILABLE



- * **Olive Cottage**
- * 1 or 2 guests
- * 1 King sized bed
- * Private terrace
- * Kitchenette

Single £1250
Shared £1000pp

SHEPHERDS HUT: AVAILABLE



* The Shepherds Hut

- * 1 or 2 guests
- * 1 x King sized bed or 2 x singles
- * Balcony with jacuzzi

Single £1250pp

Shared £1025pp

THE BABY TREEHOUSE: AVAILABLE



* The Baby Treehouse

- * 1 or 2 guests
- * King sized bed
- * Balcony with jacuzzi

Single 1100pp

Shared £850pp

COTTAGES:

COTTAGES X2: PINE AND ALMOND: AVAILABLE



- * **Pine/Almond**
- * 1 or 2 guests
- * 1 King sized bed
- * 1 x single divan
- * Jacuzzi on terrace

Single 1250pp
Shared (x2) £1000pp

OLEANDER: AVAILABLE



CONTINUED ON NEXT PAGE:



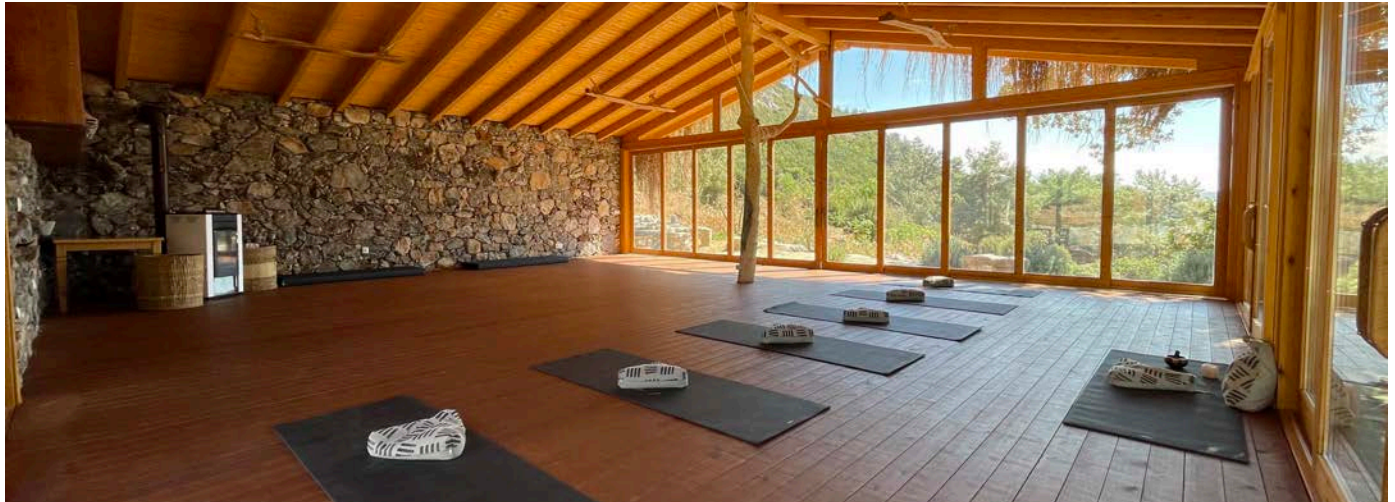
- * **Oleander cottage**
- * 3-5 guests
- * Private pool
- * 1 bedroom with King sized bed
- * 1 x twin bedroom
- * Living room
- * Fireplace
- * Private garden

Shared (x2) £1250pp
More sharing please enquire



OUR SCHEDULE

This is *your* break, so take it anyway you like. However, this is the schedule which will be available to all participants. I highly recommend that you attend all classes. Times may vary slightly.



MONDAY:

Arrival to venue
Check in
8pm Dinner

TUESDAY:

8-10am Welcome/90 min meditation/vinyasa
10-12pm Brunch
12-5pm Free
5-6.15 Yin
8/pm Dinner

WEDNESDAY:

8-9am 60 min meditation/vinyasa
9.30am transfer to boat/snack breakfast
10am Boat trip w/lunch onboard or free time
5.30pm Arrive at retreat
6.30-730 Yin/nidra
8pm Dinner

THURSDAY:

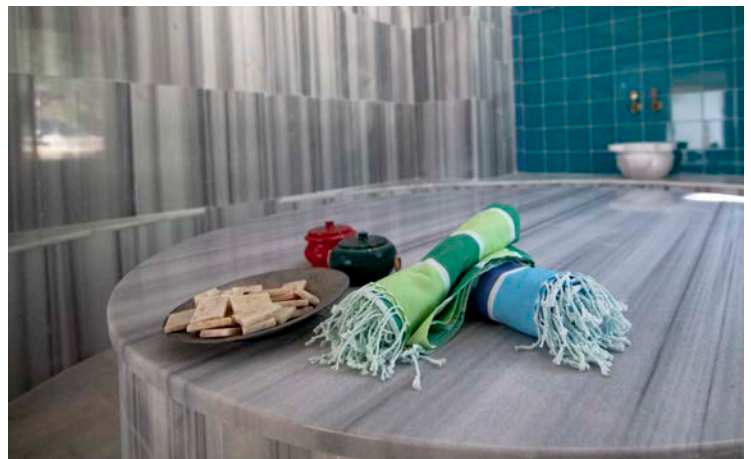
8-9.30am 90 min vinyasa/meditation
9.45/10am Breakfast
12-5pm Free
5-6.15 Hatha
8pm Dinner

FRIDAY:

8-9.30am 90 min vinyasa/meditation
9.45/10am Breakfast
12-5pm Free
5-6.30 Yin/nidra closing
8pm dinner

SATURDAY:

8.30-9.30am Turkish breakfast
Farewell/check-out/fly
(Bonus morning practise (flight dependent))



HOW TO BOOK

Once you have decided on a room, please send an email to nikkiwilkins@mac.com with **"Turkey2025/booking"** in the subject bar. You will be sent a link to pay a £300 deposit per person. Once the deposit is received your space is confirmed and is subject to terms and

conditions. Please see below for extra information you may need. For anything you cannot find on this information sheet, please email me. I am so excited to host this retreat and look forward to seeing you on the mat soon.



USEFUL INFORMATION

FLIGHTS AND TRANSFERS: The nearest airport is Dalaman (1hr 20 mins from retreat) and we advise you to use this airport so we can potentially group arrivals together for cheaper and easier transfers. You can however also fly to Bodrum. Flights are currently (as of January 2024) around £200 but will vary the closer it

gets to departure dates. Flights and transfers are NOT included in your retreat price. Transfers range from £75 single person to £25 shared (return). This is numbers dependant. I will invite you to share in transfers closer to the time once I have flight arrival times. Usually there are plenty of us on same flights.

DEPOSIT: £300 deposit should be paid on booking. Your space is only confirmed once this has been received.

EXTRA ACTIVITIES: All extra activities are to be paid for directly to the retreat. These cost extra and are not included in the price of your retreat. Massage therapy approx £60ph, Boat trip approx £80 including lunch, Hammam and sauna available on site. Cash is king on outsourced activities.

