WHAT'S HOT 13



ölköy village is at the foot of the tall and glorious Karadag mountain. The cluster of white
houses with splashes of bougainvillaea nestles in a valley of olive, citrus and fig trees.
This area is loved by the Istanbul Turks for its
temperate climate, exquisite light and clean
air infused by orange blossom and wild thyme. The turquoise
sea is warm enough for people to swim from April till
December.

At one end of the village there are shady tea-gardens, sunbathing jetties, bars and restaurants. Here people spend the day sunning, socialising, swimming and playing backgammon. The beach stretches half a mile along the bay, sometimes sandy, sometimes pebbly, always safe. It is dotted with small family hotels, shady palms and fir trees.

The yoga centre lies on the hillside amongst dusty-green olive and shady carob trees. The sun-dappled garden is splashed with vivid colours of the tumbling bougainvillea and geraniums. It is on the edge of the pine forest and feels very private, peaceful and secluded. Paradise Bay – Cennet Koyu – is only 10 minutes walk. The village with its half-mile of beach is 20 minutes walk away. To reach the centre from the village hotel you will walk along a mean-dering and rugged road below the hills up to the garden, behind a long stone wall with an iron gate. (A lift can be arranged!)

Gölköy Village Yoga Centre



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Forest Walk – Yoga Holidays You can step out from the house into the woods which stretch

to secret bays and over the surrounding hills. One of our favourite walks takes us over a steep, forested pass where nomadic goatherds set up their tents, across the untouched hillsides, down a dried river bed and into Bodrum. In the past this was the main route into town.

Supporting the Community
The Yoga Centre in Gölköy supports the local community

directly by housing participants in small, family-run hotels, by training clever local women as cooks, by encouraging their literacy and by employing other occasional craftsmen and assistants from the village. We also offer treatments to the local community when required. The local economy benefits from the presence of the yoga centre and its visitors using the shops, restaurants and taxis, especially since we run most of our courses in the low season when there is hardly any trade. The taxi drivers are happy that we have put Gölköy on the map for them.

The only local transport is by road, so we encourage people to share rides as far as possible especially to and from the airport. The Turkish dolmush, or "filled taxi", is a wonderful institution that maximises vehicle capacity and encourages the sharing spirit.

All our food is bought from local markets, ensuring freshness, encouraging organic production and supporting the small farmers of the region.

A Typical Day

7.30

Walk to yoga centre

10.00 Yoga practice

12.30 Lunch

13,30 Walk to the beach or the pool

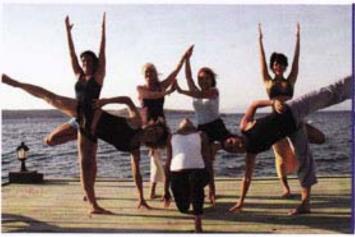
Treatments may be available in the afternoon

18.00 Evening yoga practice/creativity/meditation at the

Yoga Centre

19.30 Supper

Yoga courses range from £355 to £605 according to the season





Programme Of Yoga Courses 2010

May		September			
May 4-10	Pervin Cullingworth	Flowing Yoga holiday	Aug 31-Sept 6 Arup Sen		Iyengar Yoga holiday
May 18-24	Michael Cullingworth	Okido Yoga, walking & shiatsu holiday	Sept 7-13	Susan Desmarais	Anusara-inspired Yoga holiday
May 25-31 Anusara	Michael Stewart	The Ramayana:	Sept 14-20 Yoga	Neville Cregan	Hatha Yoga & Thai
	& Todd Tesen	& Hatha Yoga holiday	TARRAMET		Massage holiday
			Sept 21-27	Michael Cullingworth	Okido Yoga, Walking
une					& Shiatsu holiday
June 1-7 Anusara	Todd Tesen	The Ramayana:	Sept 28-Oct 4	Ken Eyerman	Yoga with Awareness yoga break
June 8-14	& Michael Stewart Mark Freeth	& Hatha Yoga holiday The Freestyle Yoga	October		
		Project – dynamic vinyasa yoga	Oct 5-11	Michael and Pervin Cullingworth	Okido and Flowing Yoga
June 15-21	Nick Rixen	lyengar Yoga	October 12-18	Pervin Cullingworth	Flowing Yoga break
June 22-28	Pervin Cullingworth	Flowing Yoga			
July & August	No courses				

