



YOGA IN TURKEY

Gölköy Village Yoga Centre

Gölköy village is at the foot of the tall and glorious Karadag mountain. The cluster of white houses with splashes of bougainvillea 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, sun-bathing 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 meandering and rugged road below the hills up to the garden, behind a long stone wall with an iron gate. (A lift can be arranged!)



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 Gököy 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 Gököy 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 dolmuş, 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 Breakfast
- 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

May 4-10	Pervin Cullingworth	Flowing Yoga holiday
May 18-24	Michael Cullingworth	Okido Yoga, walking & shiatsu holiday
May 25-31	Michael Stewart	The Ramayana:
Anusara	& Todd Tesen	& Hatha Yoga holiday

June

June 1-7	Todd Tesen	The Ramayana:
Anusara	& Michael Stewart	& Hatha Yoga holiday
June 8-14	Mark Freeth	The Freestyle Yoga Project – dynamic vinyasa yoga
June 15-21	Nick Rixen	Iyengar Yoga
June 22-28	Pervin Cullingworth	Flowing Yoga

July & August No courses

September

Aug 31-Sept 6	Arup Sen	Iyengar Yoga holiday
Sept 7-13	Susan Desmarais	Anusara-inspired Yoga holiday
Sept 14-20	Neville Cregan	Hatha Yoga & Thai Yoga
Sept 21-27	Michael Cullingworth	Massage holiday
Sept 28-Oct 4	Ken Eyerman	Okido Yoga, Walking & Shiatsu holiday
		Yoga with Awareness yoga break

October

Oct 5-11	Michael and Pervin Cullingworth	Okido and Flowing Yoga
October 12-18	Pervin Cullingworth	Flowing Yoga break

