

HEARTS WIDE OPEN RETREAT

OCT 11-17 2020 TURKEY

Devotion to life with Lulu & Mischka



Chanting - Stillness - Nature - Yoga - Celebration
Dance - Meditation - Voice activation - Ceremony
Reflection time - Dream wild - Inspiration - Sangha

<<< *Mountains & Sea* >>>



Thank YOU for your interest in our 2020 Hearts Wide Open Retreat, on the magical coast line of the beautiful Turkish Riviera, near Gocek, Fethiye.

This retreat is a reflection of the ways of life that inspire us to be our most authentic, true self, radiantly alive, overflowing with love and joy, from the inside out.

It would be an absolute honour to have you join us on this exquisite journey.

What you can expect from this 6 nights away... in between mountains and sea

Needless to say, there will be a lot of **chanting, heart songs, mantras** in set up scheduled times as well as organic, casual sing alongs. We love looking after and including our physical bodies, our temples, starting the day with movement practices (i.e. **yoga & chi gong**) inspired by the elements surrounding us, and also have some groovy, letting loose **dance** sessions to celebrate life. We play with the polarities and include **stillness, reflection time, daily meditation** and more. **Voice activation** sessions and other workshop such as **bodywork** help us to **connect and open up**. We integrate the **stunning surroundings**, go for **walks, swims, gaze at the setting sun and the stars...** connecting to Mother Earth as our teacher. Beyond that, be fascinated by wonderful **cultural experiences**. Let the magic take us on a journey.

Destination Turkish Riviera

- Stunning natural beauty of mountains and sea
- Richness of culture
- Wonderful climate around this time of year
- Unique, heartfelt hospitality
- Turkish Hammam (traditional bath near by)



PEACEFUL, DOWN TO EARTH ACCOMODATION

We consciously chose a venue a little bit away from the coastal buzz, so we can really feel ourselves, be held by the mountains, see the stars at night, be one with nature.

Accomodation:

Get the most divine, **down to earth, recharging sleep** in stunning twin, triple or single bed yurts, with plenty of showers and toilets in the spotless **shared bathroom** facilities. See the stars from your bed at night through the 'eye of heaven' at the apex of the yurts.



YOGA AND NATURE



HEAVEN ON EARTH

The retreat venue: Huzur Vadisi

- Long established and well known yoga retreat destination
- Secluded, undisturbed, peaceful mountain valley (near Gocek) to dive into chanting, stillness, movement and celebration
- Only 15min to the gorgeous turquoise sea
- Beautiful, big, open yoga space
- Nestled amongst olive and fig trees
- Lush pool to cool off and busk in the warm autumn sun
- Amazing vegetarian, nourishing, traditional, local food; lovingly prepared for us (vegan option possible)
- Friendly, welcoming, professional staff

Investment:

	<u>Super early bird**</u>	<u>Early bird*</u>	<u>Regular</u>
Triple:	795€	895€	995€
Twin/double:	895€	995€	1095€
Single:	1045€	1145€	1245€

A 250€ deposit is required to secure your spot.

**Super early bird is available for the first 8 bookings, need to pay upfront full amount

*Early bird - full payment by 11/08/2020

All accomodation types come with shared bathrooms.

- **By paying your deposit you agree to the terms and conditions*****
 - ***/**Travel insurance** for the 7 days highly recommended for the unlikely case of sickness, family tragedies or natural/unnatural disasters
- Terms and conditions at the bottom***

INCLUDED in the retreat is a **FULL DAY SAILING TRIP** along the magnificent islands and waters of this world-renown area.



NATURE WALKS



GÖCEK AND ISLANDS OF THE COAST



SAILING TRIP



TRKISH HOSPITALITY



CHANTING _ HEARTS WIDE OPEN - CELEBRATION - MEDITATION



CONNECTION

Included in the retreat are 6 nights of accomodation in beautiful, authentic, spacious yurts (check out [trip advisor](#)); 3 vegetarian meals per day (vegan options and other special diets on request); a day trip sailing; all activities on site.

Not included are any travel expenses and travel insurance, flights & transport from and to the airport Dalaman; massages; extra drinks from the restaurant, optional half day trips to markets, nature, mosques etc

Transport from and to airport Dalaman will be arranged by us, but requires extra charge between 30€ - 60€ pp, depending on amount of people.

DAILY SCHEDULE might look like this:

Yoga/Chi Gong, meditation & singing up the new day
Breakfast
Morning session (chanting, voice, dance, nature)
Lunch
Free time by the pool (or by the sea)
Afternoon session (yin yoga, sound bath, free dance, cultural experiences, rituals and ways of connection)
Dinner
More singing and celebration under the stars

Finding the right flight to Dalaman:

You can find the best flight connections most of the time through www.skyscanner.com
There are some direct flights from across Europe and 1 stop flights via Istanbul from nearly everywhere in Europe with Turkish Airlines. For any support do not hesitate to check with us.

Arrival and departure time:

Arrive any time on Sunday (accomodation is available after midday), we officially start on Sunday evening (late arrivals possible)

*****Terms and conditions of booking**

Cancel within 4 weeks of event begin, no refund unless a replacement is found
Cancel 4-8 weeks prior to start of the retreat = 50% refund, minus 75€ admin fee
Cancel 8 weeks prior to retreat = 100% refund - 75€ admin fee

All payments must be made in full by Friday 11/09/2020 (for early bird final payment date is 11/08/2020)

PAYMENT DETAILS

To fully register and make your payment/deposit please find the registration form on the website (or [here](#)) and fill it in thoroughly and submit. You will have 48 hours to make your *payment via bank transfer* into one of our 4 accounts in the US, Europe, Australia or UK (details for payment are in the follow up email you will receive after submitting). For other payment options please email us.



Expand into Oneness ~ Let your Spirit be activated ~ Embody the elements

Links:

Venue - <http://www.huzurvadisi.com/venues/huzur-vadisi/introduction/>

The venue has 'excellent' rating on **trip advisor**, and gets mentioned as one of the best yoga retreats in the world by **Condé Nast Traveller**

Facilitators - www.luluandmischka.com

NOTE: This is a drug and alcohol free event

Please do not hesitate reaching out to us regarding any questions to clarify if this retreat is for you or not. We are happy to schedule a 15min Skype call if needed.

About the facilitators, Lulu & Mischka:

Lulu & Mischka are lovers of life, yogis, musicians and inner peace facilitators that draw upon the ancient earth wisdoms to bring people together to unite in sound and silence, remembering who we are. Their offerings see them travel the globe for concerts, workshops and retreats as well as receiving inspirations, as they spend time in sacred power places and with teachers wherever they go.

Ancient mantras from India meet heart opening english lyrics; medicine prayers from North and South America wash through every cell and activate the inner wisdom. Their love for one another is infectious, their faith in humanity authentic and grounded. Both Lulu & Mischka draw on over a decade of studies and committed self practice of yoga and meditation as a transformational path, inspired by various traditions and teachers. Lulu has been passionately sharing her knowledge through coaching seekers towards their highest potential and also towards full freedom in vocal expression. Mischka uses bodywork as a tool to support freedom in body, mind and soul through his compassionate, clear and sensitive art of touch.

The married couple understands to effortlessly bridge different worlds by sharing their passion for heart felt conscious music, mindfulness and yoga in grass roots gatherings of transformation as well as high end health and wellness resorts.



We hope to have you join us for this exquisite journey.

Lulu & Mischka
uniting & vibrating hearts