

A woman in a grey tank top and black leggings is performing a standing yoga pose (Virabhadrasana II) in a studio. She is on a purple mat, with her right leg forward and arms extended horizontally. The studio has large windows that look out onto a lush, green landscape with trees. In the foreground, another person is sitting cross-legged on a purple mat, watching the instructor. The floor is made of light-colored tiles.

YOGA HOLIDAY IN TURKEY

With Iyengar yoga teachers

Lesley Johnston and Clare Stephen

2nd-9th September 2012

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Iyengar Yoga Holiday
The Angels Garden Hotel
Antalya Turkey
2nd-9th September 2012
led by Lesley Johnston and
Clare Stephen



Price £ 440 (excluding flights)



Experienced yoga teachers Clare & Lesley will teach a week of yoga in the beautiful and peaceful surroundings of southern Turkey. This inclusive package includes accommodation in the family run Angels Gardens Hotel which is situated in its own peaceful grounds, with swimming pool and stunning traditional Haman (Turkish Baths). All delicious healthy breakfasts & evening meals (suitable for vegetarians) are provided. Guests are offered either shared or single en-suite chalets set within the privacy and tranquillity of the hotel complex, which is located in an area of natural beauty near the sea and beaches. All yoga equipment is provided and lifts arranged from the nearest airport at Antalya.



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