



The beach at Olympos, Turkey

THE HOLIDAY IS INCULSIVE OF:

- Twice daily yogAsana practise with Granville.
- Guided meditation with Granville,
- 7 x nights in a comfortable ensuites room, air conditioning, mini bar, TV
- 7 x breakfasts from the large buffet with local freshly squeezed juices.
- 6 x Evening dinners in vegetarian Meals.
- 1 x gift voucher for local tea house for tea and a cake.
- 1 x Complimentary ticket to antic city in Olympos.
- Free usage o hotel's swimming pool and Wi-Fi.
- Free use of bicycles.
- Free use of Nerissa Hotel's sunbeds on Olympos beach.

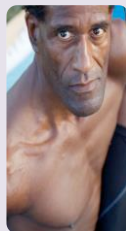
yogAsana Retreat with Granville Cousins

in Olympos Turkey 2013

First Period: 28th June to 5th July

Second Period: 5th July to 12th of July

About Granville: Granville is a practicing yoga teacher with over 40 years practice and over 20 years of teaching experience. He has been fortunate to have studied with Mr. B.K.S. Iyengar at the Ramamani Iyengar Memorial Yoga Institute in Pune, India. Over the years Granville developed his own unique teaching style. He will be teaching yogAsana on this holiday. yogAsana follows traditional methods to still the thought processes and to open up energy pathways thereby achieving a peaceful and happy mind. It is a way of clearing the clouds of the mind so we can once again bathe in the radiance of our own sun like mind.



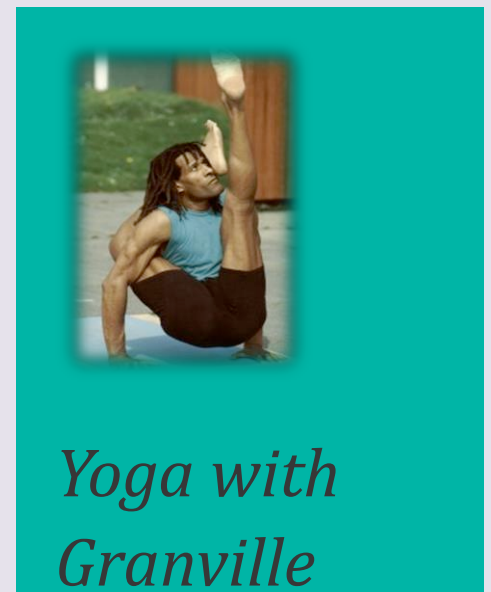
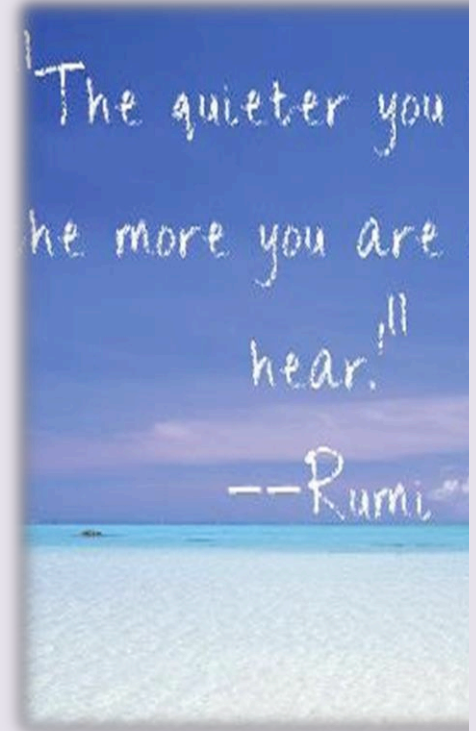
YOGA WITH GRANVILLE

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Yoga with Granville

Yogash chitta vritti nirodhah








All rooms are equipped with:

- Hairdryer
- Room safe
- Cable-TV
- Minibar
- Phone
- Air conditioning
- Bath/shower and WC
- With private balcony
- Wi-Fi
- Daily room cleaning



Junior Double room

Prices per person, per week from

| | |
|---|------|
|  | €595 |
|  | €625 |
|  | €680 |
|  Per person for 3 sharing an apartment suite with kitchen. | |
|  Per person for double or twin using a junior suite. | |
|  Per person for single using in a junior double room. | |

“In the garden you can use the hammocks to read a good book or simply to relax and perhaps dream a little...”

Location and transport:

Antalya, Olympos, Turkey

Transport is not included in our prices however transport from airport to hotel can be organized. It is 80km from Antalya airport to Olympos.

Hotel Nerissa - surrounded by palm and citrus trees and in the middle of a 14,000 sqm. green garden. At the Nerissa you can spend the best time of the year in harmony with nature.

Hotel Nerissa lies just nearby Olympos beach which is one of the most beautiful beaches of the Mediterranean.

The Nerissa lies directly on the Lycian Way, which is universally acclaimed as one of the best and most beautiful hiking trails in the world.

% 5 Discount is available for two weeks and early bookings.