

# Yoga, Meditation & Wellbeing

With Jo Shrimpton & Jeannie Brehaut  
14th-21st June 2010



This genuinely enriching retreat is suitable for beginners to regular practitioners

Set in a truly beautiful and peaceful location, this unique retreat offers you a wonderful opportunity to enrich yourself physically; to renew your energy; to find greater peace of mind and become more present.

The yoga platforms, rooms, restaurant and pool of the serene hotel where your holiday is based all overlook the water.

## Yoga & Activities (included)

- **Twice a day** deeply inspiring yoga sessions guided by one of London's best and warmest teachers, Jeannie Brehaut; incorporating **Kundalini, Sivananda, Vinyasa, Yin yoga and Iyengar**. Morning and evening classes to help you advance your asana (posture) practice. Including **breath work (pranayama), relaxation, meditation** and some **kriya (cleansing) practice**.
- **Pilates taught** by Jo Shrimpton, to enable you to access and develop your deep core engagement. This is a true compliment to Yoga, a powerful way to avoid & handle any back pain as well as improve posture.
- **Evening forest runs (optional and on alternate days)** to build your fitness and stamina and allow you to enjoy the nature around the hotel.
- **Relaxed meetings with the group (optional)** to give you a chance to meet others, to relax and to explore the meaning of presence.

**Additional activities available include massage, therapy & healing with Jeannie or Jo; these are charged separately (see page 2)**

## The Venue

A very attractive, tranquil, family run hotel situated on one of the most beautiful and secluded bays in the Bodrum area of Turkey. Surrounded by nature its location, warm service and fabulous food make it ideal for a yoga holiday. Plenty of time is allocated in the week to relax by the lovely pool, swim in turquoise waters and sunbathe off the idyllic swimming platform. All rooms overlook the water and have balconies where sunrise and sunset can be enjoyed.

**For more images of the retreat location and facilities please email: [jo@joshrimpton.com](mailto:jo@joshrimpton.com)**



*Atami Boutique Hotel, Turkey*

## Your Teachers and Mentors

Jo Shrimpton is a highly respected wellbeing coach with over 12 years experience mentoring physically, mentally and spiritually. Her qualifications and experience include Pilates, personal training, yoga, massage therapy, psychology, hypnotherapy and counselling. Jo works in the UK and internationally... inspiring, encouraging and guiding others to become their greatest selves.

Jeannie Brehaut is a deeply present & graceful yoga teacher who is also a gifted healer. Jeannie has a thriving yoga and healing practice in London. Both Jo & Jeannie are the sole mentors chosen and trusted to work with guests at the five star Mandarin Oriental Hotel in Knightsbridge.

## The Food (included)

The food at Atami is fresh and delicious; it's also tastefully prepared. The restaurant overlooks the water. **Two daily meals are included in the cost of your holiday. Vegans and vegetarians please notify us on booking of your diet preference.**

## Your holiday dates, flight & travel details

Plan to arrive on **Monday 14th June 2010**. Check-in is from 3pm. There will be an optional yoga class that evening at around 6.00pm. Check out is at 11am **Monday 21st June 2010**; Yoga at 7.30am will be followed by breakfast that day. Should you wish to arrive a day early or extend your holiday after 20th June this can be requested and booked through the hotel directly. (info@atamihotel.com)

**Fly** into **BODRUM-milas**. Flights are available with easyjet.com, flythomascook.com, turkishairlines.com; through travelrepublic.co.uk, cheapflights.co.uk or charterflights.co.uk amongst others.

**Transfers** to the hotel can be arranged directly by ATAMI (at additional charge) taxis and buses are also available. Please refer to [http://www.atamihotel.com/Atami-Boutique-Hotel\\_contact.htm](http://www.atamihotel.com/Atami-Boutique-Hotel_contact.htm) for all transfer and visa information/help. Visas are generally bought on arrival and cost approximately £10.

### Cost/person

Includes seven nights accommodation, healthy meals twice a day, all yoga and activities listed on page 1.

**£ 550 - standard double/share      £ 850 - standard single occupancy**  
**£ 850 -deluxe (Two persons)      £1200 - deluxe single**

**Please note:** Flights, transfers, insurance, additional food/drinks, local excursions, private massage & healing are **NOT included**.

**Please contact Jo directly for information, any further enquiries and to request a booking /payment form for your yoga holiday.**

jo@joshrimpton.com

<http://www.joshrimpton.com/contact.htm>

UK mobile +44 (0)7779142663

## Additional Therapy and Healing available

Jo is a gifted Indian Head Massage therapist who creates a totally personal massage and healing experience which will leave you deeply rested, and at peace. Clients often report a sense of renewed wisdom after having a treatment with Jo.

Jeannie's work comes from the heart and consists of a combination of hands-on healing and active listening. She also uses guided meditation and visualisation to help re-align people with their truth. Jeannie draws on a background of massage therapy, Reiki training, formal training in the Melchizedek Method and psychotherapy.

To pre-book private sessions with Jeannie or Jo during your holiday please contact them by email independently.

jo@joshrimpton.com

jeannie@realrevolutionhealing.co.uk

## Local Excursions/activities:

Boat trips, local Turkish market visits (Thursdays), a day /half day in Bodrum for sightseeing, hamam & shopping can all be arranged by the hotel on arrival.