

Information & conditions for retreats 2024

Last updated: 12. September 2024



Welcome to LYKIA lodge. Our little paradise is situated on one of the most beautiful bays of southern Turkey - in Adrasan, on the Lycian coast. The mountains at your back, the sea at your feet. The LYKIA offers its guests a protected setting to go on a journey of discovery: on the outside and especially on the inside. It is a place of tranquility, a place of encounter. In the peaceful and loving "back to basic" atmosphere of the LYKIA, all guests can be themselves. High-quality food with recipes that can be also cooked at home.

A sustainable concept of life, integrated into the local conditions and in which we want to cultivate a benevolent, appreciative co-existence between people and the environment.

General information

- A 10,000 sqm area, with 33 rooms in tiny houses, set in wonderful gardens below the main house and pool.
- 24 big rooms (30 sqm- also as double), 9 single rooms (20 sqm), all with their own bathroom and air conditioning/heating as well as an own terrace. All windows are equipped with fly screens.
- 1 x 120 sqm seminar hall, 1 x 80 sqm covered seminar room, which can be fully opened in the summer months (both rooms can be heated in cooler season). Both rooms are equipped with CD and Bluetooth, yoga mats, blocks, straps, pillows and blankets.
- 1 x 35 sqm exercise platform (under trees, with extra shading and privacy screens available), ideal for small groups of up to 10 participants and teacher, or individual practice.
- 120 sqm terrace with sea views for mealtimes in the sunshine or sunbathing.
- Main house with lounge area. Open chimney for sitting, eating, drinking and hanging out.
- 1800 m distance from the sea (flat path).
- Several bus transfers to the beach (free of charge) are offered daily except Sundays.
- Sleepy bay with small restaurants and cafes.
- Pleasant bathing temperature in the sea from April to December.
- Smoke free house. We offer a large, attractive smoking area with sofas, blankets and rain/sun protection.
- 3 km distance to Adrasan village and situated 90 km west of Antalya



A special, energetic place for retreats. The LYKIA is quietly situated and surrounded by ancient power places. Three different places are available for practicing Yoga, Bodywork and personal growth.

The **SHAKTI seminar hall** has a size of 120 sqm big, bright and it is perfectly suitable for larger groups and ideal for body, energy and healing work. The 80 sqm sheltered **SHIVA seminar hall** offers the wonderful opportunity to practice in the green, in contact with pristine nature. The flexible walls can also be rolled up during warm weather, for even more outdoor feeling.

Equipment like mats, blankets, seat cushions, belts and blocks, a music system with aux connection, bluetooth & CD is available in both halls. A flipchart can be provided if needed. Chairs are available for a maximum of 20 people. In the warm season, small groups of up to 10 participants can also practice on our 35 sqm **SURYA platform** under the shelter of the trees and protected from the sun.

At the same time like the seminar a house programme with yoga & meditation is offered in German and sometimes also in English. So the LYKIA is always hosting two, infrequently three groups at the same time. We therefore allocate the rooms according to the size of the group and of course make sure that as many needs and wishes as possible can be met. It is important to us that each group has a fixed place to practice, so that the participants can evolve and feel safe in their own space.



For us, yoga means connection and so it is important to us to support the participants in connecting with the beautiful nature around us and also with themselves again. Also, to enable a harmonious togetherness of all guests (groups) in the house. For this, we are also happy to have a joint programme evening one day.

We kindly ask you to discuss the planned programme, your need for aids and your excursion wishes with us **at least three weeks before the seminar begins**, to be able to meet your wishes and needs in good time – thank you!



Food & drink



Our Turkish kitchen team loves to spoil our guests with the culinary delights of their homeland. At the LYKIA we offer vegetarian/vegan full board.

A rich breakfast and dinner buffet, as well as a small lunch buffet with a varied selection from raw vegetables to warm dishes.

On Saturday evening, fish & meat on request.

All day included:

The popular Turkish Çay (black tea), hot & cold spring water, ginger, lemon, fresh and dried herbs for tea. We also serve filter coffee for breakfast and lunch.

At extra cost:

Soft drinks, fresh juice & smoothies, turmeric latte, speciality coffees, beer, rakı and wine at local prices. Alcohol is subject to high taxes in Türkiye and is therefore comparatively expensive.

If you wish to follow a completely vegan diet, please inform us at least 3 weeks before your arrival, if for the full group please let us know when booking.

Food intolerance/allergy

We consider lactose, gluten and nut intolerances. Please let us know at the time of booking.

Please clarify other intolerances/allergies with us in advance, as catering may not be possible or may be available at an additional cost.

We kindly ask for coordination before booking.



Prices and booking conditions 2024

For partial occupancy of max. 18 rooms

- 990 € per person and week, sharing a double room with own bathroom, air conditioning/heating, terrace.
- With reservation of 8 big bedrooms, 2 small single rooms can be booked additionally. With reservation of 12 big rooms, 3 small single rooms can be booked additionally.
- Single room supplement:
120 € (double room for single use, 30sqm) = 1110€
150 € (double room for single use with king-size bed, 30 sqm) 1140€
60 € (mini single room, 20 sqm) = 1050€
- 30% of the booked rooms shall be occupied as double rooms with full occupancy of 2 persons. (This means with an occupancy of 10 double rooms and 2 single rooms: 4 double rooms occupied with 2 persons, 6 double rooms for single use and 2 single rooms = 16 persons).
- From 10 participants, the seminar leader is accommodated free of charge. The accompanying person is charged 50% in a double room and the single room supplement (60 €/120 €/150 €) applies for single accommodation.
- Between 4 - 9 participants the seminar leader is only charged 50%. The accompanying person in ½ double room is charged 50% and in a single room full price is charged.
- Arrival/departure is always on Sunday, from **10 March 2024 – 26 November 2024** (last arrival date).
- The seminar rooms can be used from Monday morning to Saturday evening.
Usage from Sunday 18:00 to Sunday 11:00 by prior arrangement is possible.
- Which room or exercise platform is used depends on the size of the group. The LYKIA makes the decision and will endeavour to meet any requirements wherever possible.
- For challenging classes, we ask you to bring your own yoga mats for hygienic reasons.
- In the case of very cool weather in March/April and October/November it may be necessary for the retreat and the house group to use a yoga space in turns. In this case, the following two time-sets are available:
10:30 – 20:00
06:00 – 16:00
- Booking is possible for children from the age of 14.
- Stay Sunday to Sunday, in the week before 10 March and after 26 November 2024 extension days are possible.

Included services for all participants:

- Full board and drinks as described
- On Sunday, 5x collective transfer from/to **Antalya airport** at fixed times as follows:

Summer timetable

31 March – 20 October 2024

From Airport Antalya directly to LYKIA: 11:30 / 14:30 / 16:00 / 18:00 / 20:00
From LYKIA directly to Antalya Airport: 6:00 / 9:00 / 10:30 / 12:30 / 16:00

Winter timetable

10 March – 24 March 2024 & 27 October – 1 December 2024

From Airport Antalya directly to LYKIA: 12:15 / 14:45 / 16:00 / 18:45 / 20:00
From LYKIA directly to Antalya Airport: 6:15 / 9:00 / 10:15 / 12:45 / 16:45

The shuttles leave the airport on time. Time from landing to transfer is approx. 45 minutes.
For the return to the airport, please plan 4.5 hours from departure LYKIA to flight departure.

Extra shuttles can be booked at **any time, 7 days a week**.

Prices daytime: single person 80 €, from 2 persons 40 € per person

Night arrival (Landing 22:00 - 6:30 and night departures 2:30 - 9:30):

single person 100 €, from 2 persons 50 € per person

Group arrival (entire group, outside the 5 fixed transfer times):

35 € per person day and night

Important dates

At least 3 weeks before travelling the program details have to be finalized with the LYKIA team. This includes excursion wishes, practice times and any other help necessary for the participants, like equipment.

Payment/ cancellation policy

- 300 € reservation fee occur for booking an appointment. This amount will be offset against the final invoice.
- Cancellation of the complete seminar up to 10 weeks prior to start: 300 €
- For cancellations **from 10 weeks before the beginning of the retreat**, cancellation costs are as follows:
300 € reservation fee, plus cancellation fee per room according to cancellation policy terms and conditions, 20% - 90%

In order to avoid cancellation fees for the retreat, the LYKIA will check with the seminar leader if rooms will be required for the regular program of the LYKIA. In this case, the retreat can hand back rooms to the LYKIA from their contingent or put a guarantee on the rooms. If you want to keep the rooms, you have to guarantee them. If rooms are returned upon request, there is no charge. We kindly ask you to respond within 24 hours.

If you are not able to sell the rooms afterwards, the not occupied rooms will be charged. When one room is guaranteed, all remaining available rooms are automatically guaranteed.

In this way, no costs for not occupied rooms for seminar leaders have been incurred so far.

Payment:

Reservation fee: by bank transfer to our Turkish account.

Final invoice: Collective invoice to the seminar leader for the full invoice amount.

This is either transferred in advance to our Turkish bank account or paid in cash on site.

ALTERNATIVE

Individual invoices to the participants. Payable in cash on site in EURO, Great British Pound, US Dollar or Turkish Lira on the day of arrival. EC or credit cards could NOT be accepted.

Please inform us at the time of booking which payment method you choose.

All additional costs as well as the transfer are to be paid in cash on site.

Booking LYKIA with all 33 rooms

At certain times during the year the complete LYKIA lodge can be fully booked.

Especially before or after the season. 3 March to 10 March 2024, 1 December to 22 December 2024 (last departure): From 5 January (first arrival) and following weeks.

In case of full occupancy, LYKIA will be happy to adapt to your wishes regarding meal times & food (possibly for an extra charge). Please arrange all this with us before booking.

55 participants can use our large hall comfortably, according to the classical standard.

Terms and conditions:

- 1 retreat leader free of charge. 2nd trainer sharing a double room free of charge, single room 50%.
- 1,000€ deposit for a binding reservation of the appointment, this will be settled against the final invoice.
- During regular season: minimum number of participants 40
outside season: minimum 25 participants
- Cancellation fees in the amount of the deposit will occur for cancellation of the complete seminar up to 16 weeks before the start.
- For cancellations of the entire seminar/rooms from 16 weeks before the start, the following cancellation conditions apply:
Deposit and additional cancellation fee per room according to the cancellation table:
Up to 98 days before travel 30% of the room price with full occupancy
From 97 to 84 days before travel 40% of the room rate with full occupancy
From 83 to 56 days before travel 50% of the room rate with full occupancy
From 55 to 21 days before travel 60% of the room rate with full occupancy
From 20 to 6 days before travel 80% of the room rate with full occupancy
From 5 days before travel 90% of the room rate with full occupancy
- Rooms left vacant will be charged at 90%.
- Depending on the seminar and special services booked in addition to the normal offer, LYKIA will try to resell reserved rooms that are not occupied so that no cancellation costs will occur. If you book the entire facility, we can only do so if at least 10 rooms are returned to the LYKIA. We need your feedback at least 10 weeks before the start of the seminar.
- If more than 12 rooms are returned, 10 weeks before the start of the seminar, cancellation charges will apply from the 13th room onwards as stated above.

Not included:

Tourism tax of probably 2% of the net invoice amount. This is to be paid by each hotel, guesthouse or campsite guest on site and will be paid directly by LYKIA.

The Lycian Coast - a piece of original Türkiye



The location and the surroundings of the LYKIA also offer many possibilities for the time outside the seminar. Our German-Turkish team organises and accompanies excursions for larger seminar groups of 10 people or more. Discover the ancient Lycian city of Rhodiapolis or Olympos, the Lycian Walking Trail, or take a trip to the eternal fires of the Chimeras or a boat trip along the coast (only in season from around the beginning of May to the end of October). An excursion to the ancient site of Phaselis (in low season) or to Arikanda in the mountains, with lunch with a Turkish family are special highlights. An idyllic dinner in the nearby river restaurant (only in season) can also be organised. In the cooler season, a visit to the hamam can also be planned. Small seminar groups can join the excursions of the house programme.
Prices from 30 € - approx. 85 €.

Additional services offered to feel good

Various massages can be booked on site for 45 € - 90 €. Further treatments possible depending on the weekly offer.



Sustainability is important to us.

For this reason, LYKIA has been dispensing with water in plastic bottles for several years and also tries to reduce other plastic waste as much as possible.

Spring water flows out of the tap as the best drinking water.

Beverage cans have been abolished and we have switched to glass bottles.

Rubbish is separated and brought to Antalya for recycling.

Hot water is produced by solar energy and heated by a heat exchange pump in the cooler season.

The LYKIA lodge has its own organic sewage treatment plant

The rooms can be completely disconnected from electricity and do not have TV or Wi-Fi so that you can switch off completely for once.

In the rooms we offer handmade soap, which is also suitable for hair.

Our own chickens serves as natural parasite protection.

Some vegetables are grown bio-dynamically in LYKIA's own greenhouse.

Sheep produce the manure and, like chickens, recycle uneaten food.

We prefer to upcycle something rather than dispose of it and live according to the idea of "back-to-basic". In order to be able to appreciate the "luxury" that surrounds us every day.

Contact and booking for retreats:

Nina GÜngör: nina@lykia-lodge.de

Also for the coordination of programme & excursions and for the **data of the travel participants** like room occupancy and flight information, **3 weeks before departure**. The LYKIA provides a list for this purpose.

Under the following link you could find some nice pictures for your announcements and flyers:

<https://hidrive.ionos.com/share/gpa8wxgwds>

Image Video auf YouTube

<https://www.youtube.com/watch?v=oaCLm4l2hE4>

Follow us on Instagram to give your participants more impressions:

@lykiaadrasan

The LYKIA Lodge team is looking forward to providing you and your participants an unforgettable week. See you soon "Görüşürüz".

Ismail & Nina GÜngör

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