

Vedanta Retreat with James Swartz and Fiona Agombar

25th October - 1st November 2010

£495 Bed, Breakfast, Dinner and Yoga

James Swartz is leading a Vedanta course in Turkey at the Atami Hotel from 25th October - 1st November with Fiona Agombar, who will be teaching gentle hatha yoga.

The Atami is an exclusive private boutique hotel, set in a truly stunning location, about 45 minutes from Bodrum in Turkey. The hotel overlooks a turquoise inlet of water and offers a beautiful location for swimming, relaxing, sunbathing and enjoying the surrounding scenery.



Vedanta, or jnana yoga, is often described as revealed knowledge, or the search for truth and is the foundation for any spiritual enquiry.

You can see information about James on www.shiningworld.com or you may like to see an interview with him on www.conscious.tv. His new book, **How to Attain Enlightenment**, is available on Amazon.co.uk.



If you are interested in taking your spiritual questions further and are curious to know why are we really here, who are we and what truly makes us happy and free, this enjoyable course will be of great interest to you. There are very few authentic Vedanta teachers in the world today and James, a disciple of Swami Chinmayananda, one of India's most respected sages, is exceptional, so this is a great opportunity to study with a teacher in a fantastic location and enjoy some gentle yoga with Fiona in the Krishnamacharya tradition as well. (See www.fionaagombar.co.uk for more details of her yoga style). For further details about the course, please click here. The price is only £495 including the teaching, single room accommodation, breakfast and dinner.

More information about the Atami can be obtained from the hotel's website at www.atamihotel.com.



The weather is usually very pleasant in October averaging around the mid 70s and the sea is warm enough to swim in. Should the weather be inclement, the hotel does have a good DVD library. The hotel also provides excellent excursions at extra cost, such as day trips to Bodrum, a trip to the local markets and also to the Hammam for a detox at the Turkish baths. There is an option of a boat trip for the group.

Costs

£495 per person for seven nights to include bed, breakfast, dinner Vedanta study and yoga sessions, staying in a standard room with sea-facing balcony. De-luxe rooms are available at £50 supplement per person per night. There is no single supplement. Please note lunch, all teas and coffees, transfers and flights are extra. Transfers from the airport cost approximately 40 euros and take about forty-five minutes. Your transfer can be organised for you – and if more than one person is transferring at the same time, which is usually the case, the cost will be less. Please note, subject to availability, there is the option to book on the yoga retreat the week before if you would like to stay for two weeks. Please ask Free Spirit for details.

Some Questions Answered

Will there be free time as well as Vedanta and Yoga?

Yes, the style of the retreat will be quite relaxed so as well as Vedanta discussion (satsang) and yoga, there will be plenty of time to enjoy the surrounding area and the facilities of the Atami hotel.

How do I book?

Complete the attached booking form and return it with a non-refundable deposit of £150 to: Free Spirit Travel, 153 Carden Avenue, Brighton, BN1 8LA. The balance is to be paid six weeks before departure (2 September 2009). A reminder will be given. If the balance is not received by this date, then it will be assumed you cannot attend and your place will be cancelled. If you are booking from

outside the UK, please email Debbie Kennard (see below) for instructions on how to transfer the money to Free Spirit.

Will I need insurance?

Yes, including cancellation insurance.

What about currency?

The local currency is Turkish lire but most places also accept euros. The Atami will change money but not travellers' cheques. They do accept credit card payments. There is an ATM machine nearby in Golkoy, about 15 minutes away by taxi.

Are special diets catered for?

Breakfast is buffet style and there is a wide selection including fruit and eggs. Supper will be served as a group and will be mainly vegetarian, with some fish. Other special dietary needs (such as dairy or wheat free) are possible and we will do our best to organise this. The food at the Atami is delicious, fresh and home-cooked.

What shall I bring?

Loose clothes for yoga, summer clothes, swimming costume, warmer clothes for the evening, yoga mat, sunscreen and insect repellent. Towels and hairdryers are supplied by the hotel.

Can I bring a partner?

Yes of course, but please note, as there is no single supplement, the cost is *per person* and not per room.

What isn't included?

In Turkey you can't drink water from the tap. One bottle of water per guest is provided everyday; extra water will have to be paid for. Extra drinks and lunch

also need to be paid for, and you will need to settle your bill personally with the hotel before you leave. You will need to pay £10 on arrival at the airport for your Turkish visa. Also, please be aware that this is a retreat and that there are no other hotels, shops or supermarkets nearby.

How do I arrange transfers?

When your booking has been accepted you are advised to inform Free Spirit of your flight details to Bodrum as soon as you have them. Transport will be arranged to meet you. If there is more than one person on the same flight we will arrange for the taxi or minibus to be shared to save your costs. The cost is approximately 120 Turkish lira, or 40 Euros each way and is payable by you in local currency to the driver at the time. Free Spirit do try to co-ordinate arrival times so that transfer costs are shared and reduced. Please note that you are responsible for organising your own flights but Free Spirit can also help with this. Easy Jet are now flying to Bodrum and there are some cheap deals in October. Free Spirit advise that if you book your flights early then you will have a better choice of departure and arrival times.

What if I have more questions?

For bookings please e mail Free Spirit : debbie@freespирityoga.co.uk If you have questions about the yoga or the hotel you can e-mail Fiona at fagombar@yahoo.co.uk . Fiona is often travelling so there may some delay before you receive a reply. You can also visit www.atamihotel.com or www.fionaagombar.co.uk. For questions about Vedanta please contact James via his website www.shiningworld.com. Hotel brochure available on request. Please note that the brochure shows a picture of the de-luxe, not the standard rooms.

BOOKING FORM

Vedanta Retreat with James Swartz and Fiona Agombar 25th October-1st November

NAME

ADDRESS

E-MAIL

CONTACT NUMBER landline mobile emergency contact name and number

NON-REFUNDABLE DEPOSIT ENCLOSED (£150. 00 cheque payable to Free Spirit Travel)

(Please note that all prices quoted are based on 1.1 euros to the pound. In the unlikely event of a drop beyond this, we may make a small currency surcharge, payable before departure.

SPECIAL DIETARY REQUIREMENT

STANDARD SINGLE/DE-LUXE ROOM (please indicate)

SHARED / SINGLE (please indicate if you are wanting to share)

MY BOOKING IS FOR 25th October - 1st November 2010

PLEASE TICK HERE IF YOU ARE INTERESTED IN BOOKING FOR TWO WEEKS and would like information of the yoga retreat the week before.

I/We understand that the balance is due by 2nd September 2010 and that a reminder will be sent. I/We understand that if the balance is not received by this date then my/our deposit of £150.00 per person will not be refunded and the place(s) will be offered to another. I/We confirm that I/we will be covered by personal holiday and travel insurance.

Signed:

Date:

Send to : Debbie Kennard, Free Spirit Travel, 153 Carden Avenue, Brighton, BN1 8LA, UK. Telephone: (0044) 1273 564230. Email: debbie@freespurityoga.co.uk.