

### Application:

By signing this form, I agree to pay the deposit of 30% Deposit upon receipt of confirmation of my registration. This deposit is only refundable in case of workshop cancellation.

Book directly via:

[www.mybluecruise.com](http://www.mybluecruise.com)

or

send your scanned registration form as soon as possible to:

[info@mybluecruise.com](mailto:info@mybluecruise.com)

Name : \_\_\_\_\_ Surname : \_\_\_\_\_

Address : \_\_\_\_\_

Post Code: \_\_\_\_\_ City: \_\_\_\_\_

Email : \_\_\_\_\_ Tel. : \_\_\_\_\_

Cruise Date: \_\_\_\_\_ Accommodation: \_\_\_\_\_

Place : \_\_\_\_\_ Date : \_\_\_\_\_

Signature : \_\_\_\_\_

Your registration will be confirmed upon receipt in order for you to be able to book your flight under best conditions.



ॐ The number of participants is limited to 10 persons ॐ

For further information about the **Yoga Cruise**, please contact **Kate Beck**:

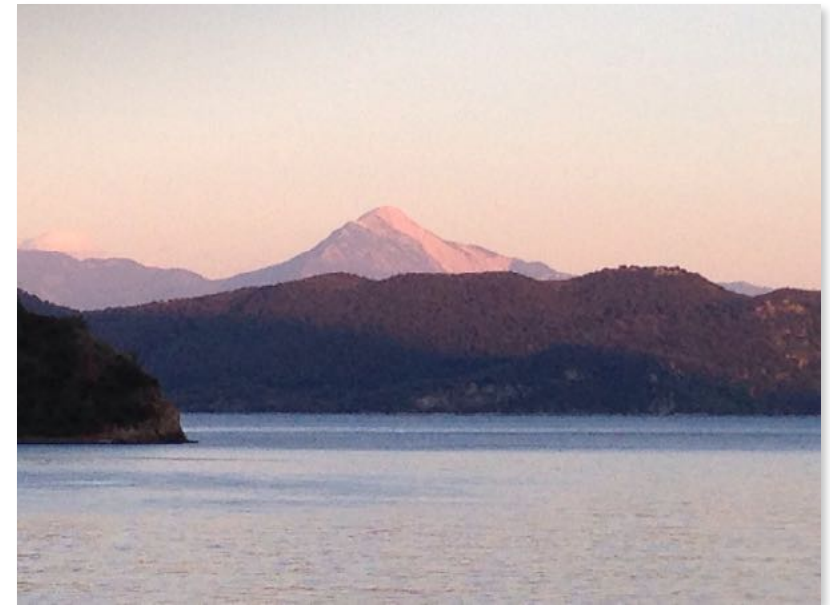
[info@patanjali-yoga.ch](mailto:info@patanjali-yoga.ch)

For further information about lodging and for registration, please contact **Ali Korkmaz**:

[info@mybluecruise.com](mailto:info@mybluecruise.com)



## YOGA CRUISE TURKEY



### “Ascension Cruise”

(06 to 12th of May 2018)

On our exclusive **Yoga Cruise**, guests will sail along **Turkey's** pristine coastline while participating in morning and afternoon **yoga sessions** held by **Kate Beck**. Stopping at key sights such as Kekova and Gocek islands, there will be plenty of free-time to relax, meditate, snorkel and explore the islands.

Suitable for **beginners to advanced yogis**, it is the perfect getaway for individuals, special events, corporate groups and yoga groups.

## Teacher:

At ten years old, **Kate Beck** went to her first Yoga course. After her formation as an Elementary school teacher, she attended the University of Bern to major in comparative religion emphasising on Yoga and Hinduism. She became a Yoga instructor in 1996 and has continued her education in philosophy and Yoga through extended stays at the **Iyengar Yoga Institute** in Pune, India.



Kate has led Yoga workshops all over Europe, and has trained Yoga teachers on an international level for many years. She is the international leader for the **Teacher Training** programs of **Patañjali Yoga Switzerland**. She is known for her expertise in Yoga during pregnancy and her knowledge about the **Yoga Sūtras of Patañjali**.



## The Seaborn Legend:



The **Seaborn Legend** is 27 meters long Gulet with 6-8 double or single cabins with attached bathroom and air conditioner. Having an **experienced crew** attending to all your needs, you will share the boat with just a few other couples or single travellers. The weather will generally be sunny, 30° during the day and 20° at night.

Please visit: [www.yogacruiseturkey.com](http://www.yogacruiseturkey.com)



Vegetarian Breakfast, lunch and dinner will be freshly prepared and served on board. Non-vegetarian meals are served on request.



## Daily program:

07:00 - 08:00	Asana/Pranayama
08:00	Breakfast
08:30 - 12:30	Cruise / free time
12:30	Lunch
13:00 - 18:30	Cruise / free time
18:30 - 19:30	Inversions / Restoratives
20:00	Dinner

Mornings and afternoons are free and special excursions to shore can be organised on demand. Next to yoga, swimming, snorkelling, fishing, sunbathing are the activities on board. Practice material (blankets, belts) is provided. Every participant has to bring his/her own mat.

ॐ The course is taught english ॐ



## Travel to Fethiye:

A more than 6-month valid passport is required for entry into Turkey. The flight ticket is to be purchased by each participant. "Low cost" companies (see in particular Pegasus website for schedules) offer flights to Dalaman (closest airport to Fethiye) or Antalya (Edelweiss Air).

## Arrival / Departure:

### Sunday 06 May 2018 - Departure from Fethiye

12:00	timing to be confirmed
18:30	first yoga session
20:00	Dinner

### Saturday 12 May 2018 - Arrival in Fethiye

07:00 - 08:00	Practice
10h30	Arrival in Fethiye
11h00	Transfer to hotel or Dalaman airport (on request)

## Cruise fees:

The yoga cruise price is EUR 850.- per person (EUR 1'200.- single occupancy) and includes: **teaching**, **transfer** from the hotel, **excursions** to shore, **full board accommodation**, water, linen and towels, service, all taxes and harbor fees. Drinks and tips are not included.

A **30% Deposit** is required to guarantee your reservation.

