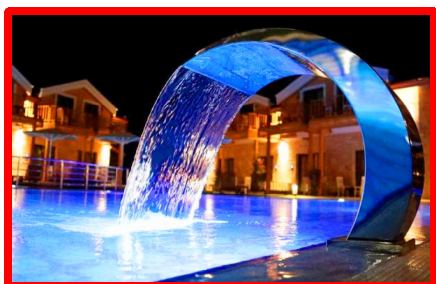




# Hatha Yoga

## Suzanna Brander

### Dalyan Live Spa, Turkey



**May 18th - 25th 2026**  
**Share £685 / Single £855**

Dalyan is a pretty village with cafes and shops. Our venue is five minutes walks from Dalyan Village and close to the river. We have spa facilities which include a hamman (Turkish Bath), sauna, treatment room, a large outdoor pool plus a small indoor pool.

You can reach Iztutu beach by taking one of the many riverboats from the village, or a bus.

Iztutu beach is huge, very beautiful and within the national park. There are no buildings here other than a café at each end plus changing huts and sunbeds. It takes one hour to walk the length of the beach. This is a conservation area with extremely strict access rules to protect the turtles which nest there.

Besides visiting the beach we can also arrange a variety of trips. There are hot springs, mud baths and a huge lake to explore - its a very beautiful region.

A fantastic day out is the Twelve Island Boat Trip, we cruise around in our own boat exploring the islands and swimming in the sea. Lunch is served on board.

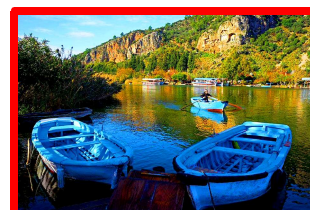
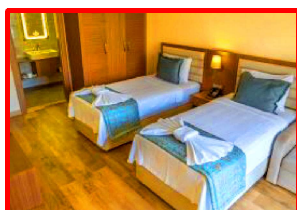
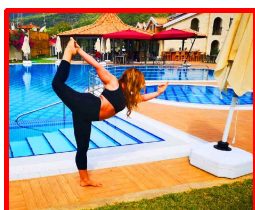
On Saturday mornings there is a large market in Dalyan village selling local produce, spices, fabrics and household wares.

Boat trips can be arranged with barbecue lunches, a visit to a very old Haman (Turkish bath) and inland trips to ancient forests and rivers.

**Includes:** Accommodation, breakfast, group dinner on 4 set evenings including the arrival night, and yoga.

**Not included:** Flights, transfers, travel insurance, lunch, dinner on 3 set evenings when we will eat out.

**Travel:** Fly to Dalaman. Transfers to and from the airport can be arranged.



To reserve your place, or for more information, please contact the Free Spirit Travel office:-  
01273-564230 email: [info@freespirtityoga.co.uk](mailto:info@freespirtityoga.co.uk) [www.freespirtityoga.co.uk](http://www.freespirtityoga.co.uk)