



# escapes in europe

**For a relaxing yet invigorating break, Amy Jordan recommends retreating to the Kabac Valley, Turkey, where yoga and meditation are on the menu.**

**P**icture this: the sun is trickling into your room, the world beyond your window is a lush landscape, and you wake knowing it's going to be a vibrant day. Kabac Valley in Turkey is fast becoming the place to go for sun, space and spiritual nourishment.

The perfect host to such a retreat is Sunnah Rose, an experienced yoga teacher and founder of the Rose School of Transformational Yoga. Sunnah creates a peaceful yoga escape each May and September, set against the backdrop of this coastal region's breathtaking beauty.

At the retreat, Sunnah combines her passion for yoga and love of adventure, which merge into an invigorating yet serene experience for those who join her. The day begins with a morning yoga session followed by a Turkish-style breakfast. The rest of the day can be spent by the beach, swimming to caves, walking up mountains and exploring waterfalls, or with a good book in a café. The day finishes as it begins, with a yoga session and a delicious meal. Bliss.

The accommodation is perfectly placed for you to absorb the inspirational views of the celestial seascape and surrounding countryside. Yoga classes are beautifully positioned on a platform to take full advantage of the location. The food on offer is mostly vegetarian and is served buffet style, accompanied by home-made bread. "The food is wonderful and rustic, a highlight of my week," says one retreat-goer.

The yoga sessions stretch over one and a half hours with additional time set aside for meditation at one of the two daily classes. Communal meditation can often be a more beneficial experience than meditating alone. The tranquil effects of meditation and the environment can be absorbed and shared with the group. With the natural warmth of the Mediterranean and the time taken to




focus on deeper yoga postures, students – beginners and more experienced practitioners – feel a growth in ability and gain confidence during their stay. Often guests are inspired to continue their practice once they go home: the calming effects overflow into their everyday lives.

Those who have joined Sunnah on her retreat have felt its soothing effects immediately. "There's something magical and elusive about the place," recalls Radhika Shah, who attended in September 2010. "The views of the azure sea are enough to wash away your anxieties and encourage you to embrace the new." Radhika radiates enthusiasm for her retreat experience and found it to be "a fantastic, relaxing and rejuvenating break". With such glowing endorsements, Sunnah's retreats really fill up fast!

Don't miss Sunnah's forthcoming retreat, planned for 21–27 May 2011, 5 days and 6 nights. Flights need to be organised separately. Prices for your stay at the hostel vary depending on the type of room but include the jeep ride down the mountain into the Kabac Valley. People of all yoga abilities are welcome as Sunnah's wealth of experience ensures that all needs can be catered for.

"The whole point of this retreat is to relax and enjoy yourself," affirms Sunnah. She believes deeply in the therapeutic benefits these breaks provide. "Using yoga for that purpose is a natural fit. It encourages those beautiful slow movements that make you feel completely part of the world, engaged and at one with nature."

With the serenity of yoga and this glorious location, Sunnah Rose's retreat will lift the spirit and provide a perfect start to the summer. 

For further information, email [sunnahrose@stretchingpeople.co.uk](mailto:sunnahrose@stretchingpeople.co.uk) or join the Facebook group Rose School of Transformational Yoga.