



# Return To Ayni

## IGNITING THE HEART

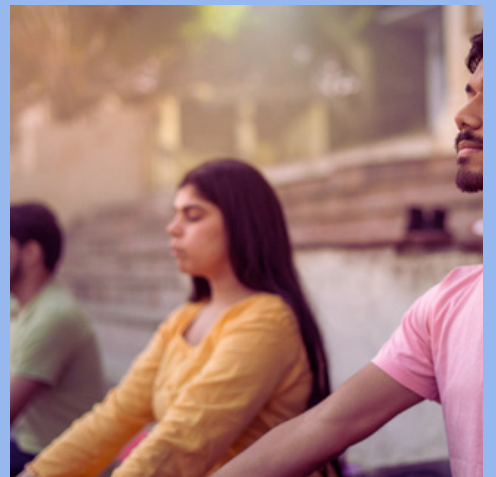
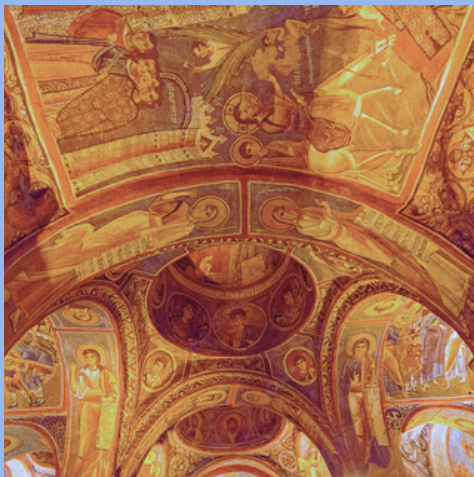
A one of a kind journey to delve into the deepest parts of ourselves that connect us to everything.

MAY 30 - 2ND JUNE





**Embark on an ethereal odyssey of self-exploration amidst the mystical allure of Cappadocia's ancient landscapes. Join us for a transformative retreat, where you'll unlock profound connections within, enveloped by the timeless mystique of this enchanting destination.**





**MAY 30 - 2ND JUNE**

**Activities will include:**

**Morning meditations**

**Grounding exercises**

**Somatic movement sessions**

**Various breathwork exercises**

**Fire circle talks**

**Ancient heart opening meditations**

**Delving and learning about the deeper  
mysteries of the area**

**Shamanic walking exercise for creating  
inner balance**

**Cord cutting**

**During which we will be visiting:**

**Kaymaklı Underground City**

**Uchisar Town / Pigeon Valley**

**Panoramic Point Hunters Valley**

**Mustafapasha Old Greek Village**

**Carpet Weaving workshop**

**Göreme / Zelve Open Air Museum**

**Ortahisar Town / Ortahisar Castle**

**Avanos underground ceramic museum**

**Pashabag Monks Valley**

**Devrent Valley**

Prices are all inclusive of: Tours, Breakfast and Dinner, transfer from Ankara airport to Capadoccia, workshops and exercises, excluding flights and balloon





## Facilitators:

You will be guided into this unforgettable, life-changing journey, by Niaz Hekmat and Ipek Yum, as they join forces once again, using their years of knowledge and experience in life coaching, hypnosis, NLP, breathwork, various meditation practices, ancient rituals and techniques, and somatic movements, in one of the most mysterious places in the world, designed to open your heart and deepen your connection to both yourself and the natural world, to create space for effortless manifestation.



IPEK YUM



NIAZ HEKMAT

\*Click on name for more info



## Prices:

\*early bird until 10th May

Single room: \$2,250

Shared room: \$1,900

Early Bird\*  
& RSCI students  
20% discount

