

Location:

**Rize, Turkey**

Date:

Event:

**Women's Retreat**

**14th - 19th JUNE 2023**

## *Detox, Design & Dare to Become (your True Self)*

We would like to invite you to join us for a 5- night, 6-day immersive retreat where we will surrender ourselves to healing powers of the lush nature of Rize and take a deep dive into the work of pattern interruption, unpacking the origins of our limiting beliefs, changing our neurology for better habits and thinking perspectives

and beginning to integrate a new skill set, enriched with awesome experiences for navigating our lives from a more present space.

WE LOOK FORWARD TO GUIDING YOU THROUGH A TRANSFORMATION THAT WILL ENHANCE YOUR LIFE EXPERIENCE IN EVERY WAY!



# EVENT OVERVIEW

Event Date:

14th - 19th June



These 6 days will be a time to take an intentional break from your daily routine, drop in, and

Why do I need this experience?

connect with yourself, with us and other like-minded souls. We will create a sacred container for recognizing, becoming aware, embracing, sharing, connecting, releasing, healing, daring and breaking through. So the truth of who you really are can show up and illuminate from within:)



## Number of Participants

Due to the spirit of close connection and bonding that is crucial in this transformational journey, participants will be screened and selected and limited to a maximum of 20 to keep the event private and exclusive.



## Venue

Our temple for this journey shall be the forests and mountains of Riza, north of Turkey, where we will use the energy of nature to connect deeper within ourselves. We will be staying at Nordic Hotel, Çamlıhemsin/ Rize. Nestled amidst the lush and steep terrain of Rize mountains and its crisp mountain air with abundance of oxygen, lies the Nordic Hotel, a boutique hotel that offers a refreshing escape from the hustle and bustle of city life. The hotel boasts a modern yet cozy atmosphere that seamlessly blends in with the natural surroundings, offering guests an authentic Black Sea experience. Guests can indulge in delicious and organic local products and traditional cuisine, which not only tantalize the taste buds but also revive overall wellbeing.



**IMPORTANT  
NOTE:**

For the retreat, all attendees must travel to Istanbul at least 1 day prior (on June 13th, 2023) to retreat date for travel arrangements.

For 13th of June, attendees will stay in Istanbul and we will share convenient hotel details upon request for the accommodation. The flight details for June 14th, 2023, Istanbul to Rize, will be shared with you right after the registration for you to make your flight bookings accordingly. Please note that all costs and charges for Istanbul accommodation and flights belong to the attendees.

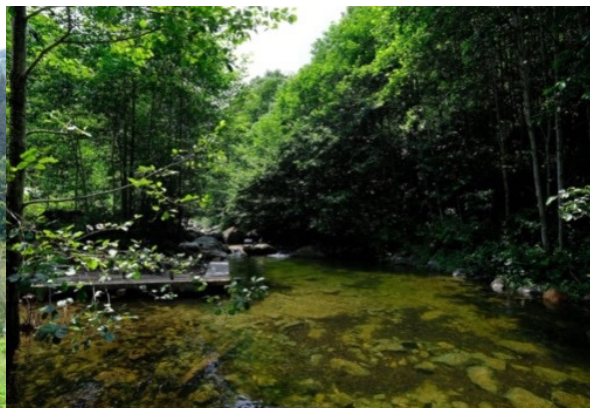




## EVENT DETAILS

### In this retreat you will be:

- Connecting to a deeper awareness of Self through integrative combination of science, mind work and spiritual practices.
  - Seeing beyond limitations and breaking through beliefs that limit you, to live your desired life.
- Learning about, connecting and tapping into the power of your heart and the power of your mind, and creating inner coherence between them to start manifesting.
  - Exploring and experimenting with nature, the unknown and out of your comfort zone.
- Using a carefully customised set of the best immersive experiences to invigorate your mind, body and soul and connect with a deep wisdom within and in nature
  - Connecting, sharing and bonding with like-minded seekers.
  - Learning practical and enriching tools to implement moving forwarding and continuing your growth journey.





## Event Schedule

### Day 1 (14/06/2023)

10:00 - 18:00	Pick up from Rize Airport in the morning. Enjoy a scenic drive to Rize, taking in beautiful coastal views and lush green mountains. Visit historical ikizdere Bridge from Ottoman period, Zil Castle, an ancient fortress located in the mountains all the while accompanied by the stunning views of Firtina River. Check in to Nordic Hotel and free time.
18:00 - 18:30	Opening ceremony
18:30 - 19:30	Breathwork intro (WHM)
20:00	Dinner and Free time

### Day 2 (15/06/2023)

07:30 - 09:00	Meditation &, Movement
09:30 - 12:30	Opening ceremony, breakfast & free time
12:30 - 14:30	Breathwork intro (WHM)Detox, Design, Dare to Become Workshop* I (DDD)
14:30 - 17:30	Free Time
17:30 - 18:30	Mind & Body Lab** (Group Exercises) -Detox
20:00	Dinner and Bonfire Circle

**Day 3 (16/06/2023)**

07:30 - 08:30	Meditation & Breathwork
09:00 - 12:30	Breakfast & Free time
18:30 - 19:30	DDD Workshop II
14:30 - 17:30	Free Time
17:30 - 18:30	Mind & Body Lab** (Group Exercises) -Detox
20:00	Dinner and Bonfire Circle

**Day 4 (17/06/2023)**

07:30 - 08:30	Meditation & Breathwork
09:00 - 12:30	Breakfast & Free time
18:30 - 19:30	DDD Workshop III
14:30 - 17:30	Free Time
17:30 - 18:30	Mind & Body Lab (Group Exercises) -Dare
20:00	Dinner and Free Time

**Day 5 (18/06/2023)**

07:30 - 08:30	Breakfast
09:00 - 17:00	The Big 3 Adventure - Hiking and Nature Tour on Sal, Pokut and Hazindak Plateaus, the most famous highlands and praire of the area and also, with the most stunning and breathtaking views of mountains,
17:00 - 20:00	Free Time
20:00	Dinner and Bonfire Circle

**Day 6 (19/06/2023)**

08:00 - 09:00	Morning Meditation

09:30 - 11:00	Breakfast
12:00 - 14:30	Closing ceremony and free time
20:00	Departure and transfer to airport

\* DDD Workshops: Interactive series of workshops, combining science, spirituality and exercises, with the intention to hold space for vulnerability, awareness, healing & personal breakthrough.

\*\* Mind & Body Lab: Facilitators hold this space for exercises designed to Detox, Design and Dare. Enjoy!

\*\*\*Bonfire Circles: Gathered around a fire pit, its a space to expand further more by sharing, connecting and embracing.



## MEET OUR INSTRUCTORS

*Ipek Yum*  
Master Resilience Coach



Meet Ipek, a highly skilled and intuitive Resilience Coach who empowers her clients to overcome life's challenges and thrive in the face of adversity. Using a unique blend of practical, fun yet effective techniques, Ipek enables in-depth healing, metamorphosis, mental and spiritual expansion, helping her clients to build a coping mechanism that creates sustainable change for over decade. With her witty humour, contagious energy, and a variety of styles, Ipek creates instant shifts working with her clients, supporting them to tap into their inner strength and resilience.

Her approach is deeply transformative, and she guides her clients through a journey of self-discovery and growth, equipping them with the tools they need to overcome obstacles and achieve their goals. Whether you're struggling with anxiety, stress or other challenges in life, Ipek's expertise and guidance can help you navigate the road ahead with confidence and resilience.

## MEET OUR INSTRUCTORS

*Niaz Hekmat*  
Master Transformation Coach



Say hello to our amazing transformation coach, Niaz! With over 20 years of experience in researching various fields relating to the mind, body, inner self, and our relationship to reality, Niaz is a true expert in creating lasting transformations and teaching self-mastery. But don't let all that serious research stuff fool you - Niaz is a total blast to work with! She's a true master of her craft and has helped countless individuals to overcome limiting beliefs, break through barriers, and step into their full power. Plus, she's got a wicked sense of humor and a knack for making even the toughest transformational work feel like a breeze.

Niaz's range of modalities is truly impressive, from NLP, hypnosis, quantum jumping, time line technique to meditations, breathing, bio hacks and more. She's got all the tools you need to develop a meaningful connection with your SELF and tap into your full potential.







## PRICING SCHEDULE

<b><u>EARLY BIRD PRICES*</u></b>	<b>Single \$2480</b> <b>Double \$2265</b> <b>Triple \$2120</b>	<u>UNTIL 10 APRIL 2023</u> (20% DISCOUNT FROM REGULAR PRICES)
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\*Early bird prices are only available for full payments until 10 April, 2023 evening.

<b><u>REGULAR PRICES:</u></b>	<b>Single \$3100</b> <b>Double \$2830</b> <b>Triple \$2600</b>	<u>AFTER 10 APRIL 2023</u>
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PLEASE CONTACT: İpek or Niaz to register. (contact details below)

### DISCLAIMER:

- Retreat prices include 5 nights accommodation, breakfast and evening meals, afternoon tea time, airport transportation to and from retreat hotel in Rize, 1 full-day tour and all daily physical, mental and spiritual exercises all throughout the retreat. But additional expenses such as alcoholic beverages, additional food and optional excursions, are not included.
- Meals are prepared with fresh products of the region, mainly consisting of plant and animal-based food. If you have any dietary restrictions (vegan, vegetarian etc) or food allergies, please inform us during booking. We will make every effort to accommodate your dietary needs. Please be aware that some restrictions may incur additional fees.
- Please note that the retreat activities and amenities are subject to change without prior notice. While every effort is made to ensure accuracy of the information provided, we may have to make changes due to weather conditions and/or according to facility capacity due to unforeseen circumstances.
- Participants are responsible for their own health and safety during the retreat, and we cannot be held liable for any injuries, accidents, or damages that may occur during the retreat.

WE CANNOT WAIT TO SHARE THIS EXPERIENCE WITH YOU AND CREATE  
BEAUTIFUL, MAGICAL, VIBRANT STORY, MEMORY AND WISDOM TO PUSH US ALL  
FORWARD INTO WHAT WE ARE MEANT TO BE.  
LET'S DETOX, DESIGN AND DARE TO BECOME OUR TRUE SELF



## CONTACTS

### Reach out to:

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