



Location:

Rize, Turkey

Date:

Event:

Transcending Maya Retreat

22nd - 26th JUNE 2024

EVENT OVERVIEW

WHY DO I NEED THIS EXPERIENCE?

These 5 days will be a time to take an intentional break from your daily routine, drop in, and

connect with yourself, with us and other like-minded souls. We will create a sacred

container for recognising, 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

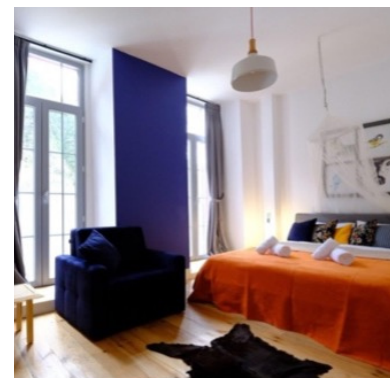
Due to the spirit of close connection and bonding that is crucial in this transformational journey, participants will be limited to a maximum of 10 to keep the event private and exclusive.



VENUE

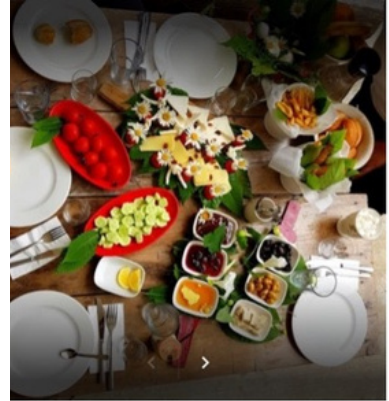
Our temple for this journey shall be the forests and mountains of Riza, north of Turkey, where we will use the energy of nature to connect deeper within ourselves.

We will be staying at Nordic Hotel, Çamlıhemşin/ 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:

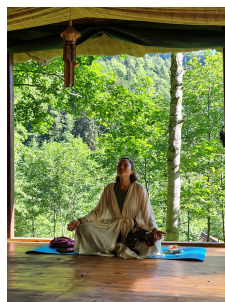
All attendees traveling through Istanbul must arrive at least 1 day prior (latest on June 21st, 2024) to retreat date for travel arrangements. For attendees who will stay in Istanbul before we will share convenient hotel details upon request for the accommodation. The flight details for June 22nd, 2024, 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 (22/06/2024)

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 - 20:00	Transcending Maya Workshop I : DETOXING THE MIND
20:00	Dinner , (After Dinner) Magic of Intentions + Intro+ Q&A

Day 2 (23/06/2024)

07:30 - 09:00	Pranic breath work, Morning Energizing Meditation & Somatic Movement Exercise
09:30 - 12:30	Opening ceremony, breakfast & free time
12:30 - 14:30	Transcending Maya Workshop II - Preparing Our Physical Temple
14:30 - 17:30	Free Time
17:30 - 18:30	Mind & Body Lab** (Group Exercises) - Accessing Your Inner Creativity Meditation + Creativity Exercise
20:00	Dinner and Bonfire Circle Exercises- Letting go guided meditation+ Intro to Forest Bathing

Day 3 (24/06/2024)

07:30 - 08:30	Energy Embodiment Active Meditation & Forest Bathing
09:00 - 12:30	Breakfast & Free time
12:30 -14:30	Transcending Maya Workshop III- Aligning Body, Mind, & Spirit
14:30 - 17:30	Free Time
17:30 - 18:30	Mind & Body Lab **(Group Exercises) -DARE: Wim Hoff Breathwork + Cold Water Plunge
20:00	Dinner and Healing 'My Past Self' Meditation

Day 5 (25/06/2024)

07:30 - 08:00	Morning Heart Power Meditation
08:30 - 09:00	Breakfast
09:00 - 17:00	The Big 3 Adventure - Hiking and Nature Tour on Sal, Pokut and Hazindak Plateaus, the most famous highlands and prairie of the area and also, with the most stunning and breathtaking views of mountains, Mountain Energetic Meditation and Power Retrieval Exercises- During Hike (where the ancient Amazonian women warrior tribe resided in ancient days)
17:00 - 20:00	Free Time & Early Dinner
20:00	Bonfire Circle*** Exercises + Gratitude Meditation

Day 5 (26/06/2024)

08:00 - 09:00	Morning Heart Power Meditation and Goal Installation
09:30 - 11:00	Breakfast
12:00 - 14:30	Closing ceremony and pictures
	Departure and transfer to airport

* TRANSCENDING MAYA WORKSHOPS: CAREFULLY CURATED SET OF INTERACTIVE SERIES OF WORKSHOPS, COMBINING THE LATEST SCIENTIFIC & ANCIENT SPIRITUAL TECHNIQUES 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, SET INTENTIONS USING ANCIENT RITUALS AND 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

PRICES:

Single \$2,820

Double \$2525

Triple \$2466

DISCLAIMER:

- RETREAT PRICES INCLUDE 4 NIGHTS ACCOMODATION, BREAKFAST AND EVENING MEALS, AFTERNOON TEA TIME, AIRPORT TRANSPORTATION TO AND FROM RETREAT HOTEL IN RIZE, 1 ½ -DAY TOUR AND DAILY PHYSICAL, MENTAL AND SPIRITUAL EXERCISES ALL THROUGHOUT THE RETREAT INCLUDING THE TRANSCENDING MAYA WORKSHOP. 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 ACCOMODATE 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.



CONTACTS

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