PLAVINI

YOGA · STILLNESS · THE TURKISH AEGEAN

The art of a slower week.

THE 2027 - 2028 RETREAT COLLECTION



EPHESUS RETREAT / SELÇUK, TÜRKİYE

AN INVITATION

The luxury of a little more time.



A slower week, shared.

Open the curtains. Let the hills come into view. Roll out a mat before the day grows busy, then take your time over breakfast. There is a particular pleasure in having somewhere beautiful to be, and enough room in the day to enjoy it.

Plavini brings that pleasure into a seven-day retreat at Ephesus: six nights in the Aegean hills, a thoughtful rhythm of yoga and stillness, and the easy company of people who have also chosen to pause. Some mornings ask for steady feet and a little strength. Others begin more softly, with a supported posture or a few unhurried breaths.

Between practices, the hours open out. A swim. A chapter. A conversation that carries on after the plates have been cleared. Two afternoons take us further afield: into the monumental streets of Ephesus and the intimate lanes of Şirince. Return for a quieter evening practice and dinner together. By the end, you may have found a few simple things you would like to keep.

Come for the week. Leave with a little more space.

THE 2027 RETREAT CALENDAR

Seven weeks.
One beautiful rhythm.

Every 2027 retreat runs Monday to Sunday: seven days, six nights and a maximum of 12 guests.

03-09 May	**First Light** A fresh beginning, grounded in Hatha and quiet attention.
24-30 May	**Root & Rise** Steady foundations, alignment and space to grow.
07-13 June	**Open Sky** Accessible flow and long, unhurried Aegean days.
13-19 September	**Golden Balance** Active mornings, softer evenings and late-summer light.
04-10 October	**Ancient Paths** Yoga and cultural discovery, with Ephesus close by.
25-31 October	**Room to Breathe** Gentler movement, breathing awareness and meditation.
15-21 November	**The Quiet Season** Yin, restorative practice and a slower autumn rhythm.

LOOKING AHEAD TO 2028

The 2028 dates will be announced. This edition includes the confirmed 2027 calendar; it does not offer bookable 2028 departures.

Olive trees. Open sky. Room to linger.



Ephesus Retreat, in the hills above the Ephesus valley.

Above the Ephesus valley, the landscape opens into olive groves, pine forest and long views towards the distant sea. Ephesus Retreat belongs to these hills: stone, timber and terraces give the buildings a quiet connection to the ground around them.

Here, the setting becomes part of the daily rhythm. Daylight reaches into the practice room. A terrace offers a place to sit between sessions. The infinity pool draws the eye out towards the valley, while gardens and outdoor corners invite you to choose a slower route back to your room.

The pleasures are often small: the change of light after breakfast, the texture of a stone wall, the first cool minutes of evening. Leave space to notice them. We have deliberately kept several afternoons free, so the venue can become somewhere you inhabit rather than simply somewhere you sleep.

And beyond the retreat, another world is close enough for an afternoon: the ancient city of Ephesus and the hillside village of Şirince.

THE PRACTICE

Strength. Softness. Space.

A considered alternation of active and quieter practices, with space to find your own expression of each posture.

01

Hatha & alignment

Morning sessions explore standing postures, balance and deliberate transitions. This alignment-based approach uses clear instruction and props where useful, offering a thoughtful foundation for mixed levels.

02

Yin & restorative

Yin introduces longer, comfortable holds. Restorative sessions use support to create ease. The quieter sessions balance the more active mornings and leave room to rest after an excursion.

03

Breath & meditation

Gentle pranayama accompanies the mornings; meditation settles the evenings. Breathing remains comfortable and unforced. There is no requirement for advanced postures or breath retention.

Every session is optional. Variations, props and rest are part of the approach. Teaching methods will be confirmed with the appointed faculty.

01 / HATHA & ALIGNMENT

Stand into your day.

A strong foundation. A spacious beginning.



Hatha and alignment: a steady foundation.

THE RHYTHM

60-90 minutes
selected mornings

Beginners are welcome. Your teacher offers variations, and rest is always an option.

Morning light reaches across the floor. You step onto the mat and feel the ground beneath your feet. Our Hatha sessions give familiar postures time to become interesting: the reach of an arm, the steadiness of a standing leg, a small adjustment that brings more ease. Warrior II expresses the spirit of the practice - grounded through the feet, open across the chest, attentive through the gaze.

IN THE SESSION

We begin with gentle mobility, explore standing postures and supported balances, then move into a quieter closing sequence, with time for questions. Blocks, straps and a wall can make the work more approachable. Gentle pranayama completes selected mornings; excursion days bring a shorter, lighter practice.

WHAT YOU MAY GAIN

Regular yoga may support balance, stress management and general wellbeing. Our emphasis is on a clearer sense of alignment, comfortable movement and a small collection of postures you feel confident returning to at home.

02 / YIN & RESTORATIVE

Let the evening soften.

Less to do. More time to feel.

THE RHYTHM

45-60 minutes
selected evenings

Depth is optional. Holds can be shortened, positions changed and extra support added whenever needed.



Yin and restorative: room to settle.

By late afternoon, the light has changed. The walking shoes come off and a softer practice begins. Some evenings invite the sustained stillness of Yin; others offer the generous support of restorative yoga. A bolster beneath the body, a blanket folded just so, enough time to settle. These sessions give the active mornings a quieter companion and create an easy passage from an afternoon exploring to dinner shared around the table.

IN THE SESSION

Yin explores longer-held floor postures with a mild, manageable stretch. Restorative practice uses props to support the body in restful positions with minimal effort. We choose a small number of shapes, adjust them carefully and leave time for a quiet pause before moving on.

WHAT YOU MAY GAIN

The invitation is to notice sensation without rushing, become more comfortable using support and make deliberate room for rest. A slower session may leave you feeling calmer, while helping you discover which positions and rhythms suit you best.

03 / BREATH & PRANAYAMA

Make room for the breath.

A quieter beginning to the morning.



Comfortable, unforced breathing.

THE RHYTHM

10-15 minutes within selected morning sessions

Breathe within your comfort. You can keep your natural rhythm or stop the exercise at any time.

Before breakfast, before conversation gathers around the table, there is a little time simply to breathe. Pranayama brings attention to something usually happening in the background. We notice the breath as it is: its rhythm, its movement, the space between one moment and the next. With gentle guidance, the practice becomes an unhurried exploration - a chance to meet the morning with a little more attention and ease.

IN THE SESSION

Seated on a cushion or chair, we explore natural breath awareness and comfortable, gently paced breathing. A simple count may help guide attention. Your teacher keeps the practice easy and adaptable, with pauses to return to ordinary breathing. Forceful breathing and breath holding are not part of this programme.

WHAT YOU MAY GAIN

Gentle breathing practices may help with relaxation and stress management. The practical takeaway is a short, approachable routine you can revisit between activities - a way to pause, notice how you feel and choose your next moment more deliberately.

04 / MEDITATION & ATTENTION

Meet the quiet.

A place to sit. A moment to arrive.

THE RHYTHM

15-25 minutes within selected evening sessions

No previous experience is needed. Change position, open your eyes or step out whenever you wish.



Meditation: a few quiet minutes.

The evening has its own small sounds: a bird beyond the terrace, the movement of air, the quiet presence of others. Meditation makes space to notice them. Attention rests on an anchor - the breath, the body or the sounds around us. Thoughts come and go; each return is part of the practice. Over the week, these gatherings become a familiar pause before the next conversation, the next meal, the next day.

IN THE SESSION

Guided sittings alternate with body scans and short periods of silence. You may sit on a cushion or chair; some sessions invite a comfortably supported lying position. Instructions are simple, with enough space to explore them. Eyes may remain softly open.

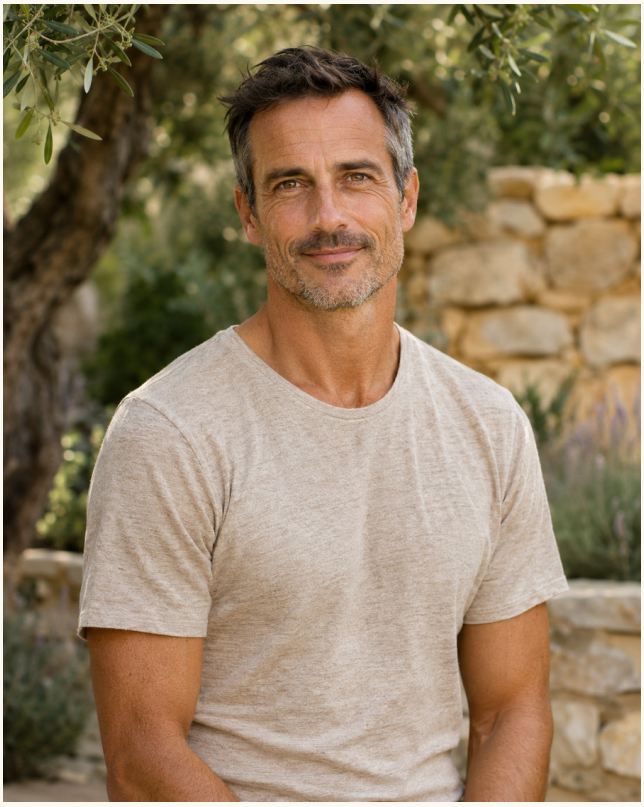
WHAT YOU MAY GAIN

Meditation may support relaxation and help some people manage stress. Here, the aim is practical: becoming more familiar with your attention, recognising when it wanders and returning with patience. A few quiet minutes can become a useful ritual long after the retreat.

AMERICAN PERSPECTIVE

Ethan Mercer

HATHA, ALIGNMENT & STANDING BALANCE



Ethan's profile centres on patient Hatha, clear sequencing and the pleasure of understanding a posture. Grounded and approachable, this is a teaching voice that makes the room feel welcoming before the first movement. A little humour keeps careful work from becoming solemn.

Standing poses and supported balances provide the foundation. A demonstration gives way to time for exploration, with useful adjustments, manageable transitions and simpler variations offered along the way. Questions are welcome; choosing a pause is part of the practice.

The morning rhythm has clarity without hurry. Familiar movements become a way to build attention and confidence, while individual choice remains visible throughout. Ethan represents the collective's steady foundation: thoughtful instruction, an encouraging presence and room to learn through doing.

Grounded, candid and quietly encouraging.

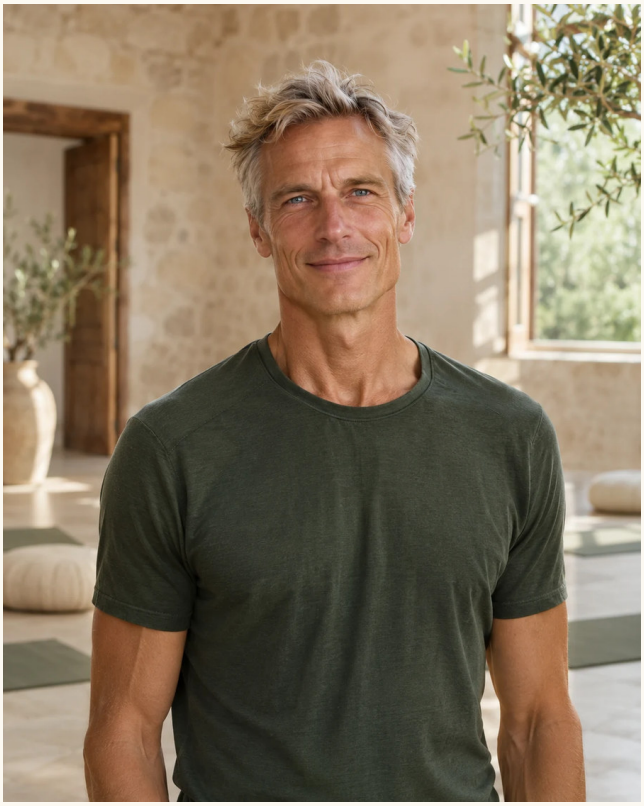
TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

Illustrative profiles for the teaching collective we are developing. These are not confirmed instructor appointments. The teachers leading each retreat will be announced before bookings open.

DUTCH PERSPECTIVE

Willem de Vries

SLOW FLOW, MOBILITY & MOVEMENT AWARENESS



Willem's profile brings curiosity and an easy sense of perspective to movement. His approach combines slow flow with accessible mobility, giving a short sequence time to become familiar before adding another layer. The interest lies in the journey between postures as much as in the final shape.

Deliberate transitions, simple balance explorations and comfortable repetition create a clear structure. A more active option sits alongside a quieter variation, so that choosing a different pace feels like an ordinary part of the class. Observation matters more than keeping up.

Open, attentive and gently playful, this is a practical voice for the morning programme. The result is an exploratory kind of practice: enough movement to feel involved, with enough space to notice what each movement asks of you.

Open, observant and gently playful.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

Illustrative teaching profile. The teachers leading each retreat and their combinations will be announced before bookings open.

FRENCH PERSPECTIVE

Lucien Moreau

MEDITATION, REFLECTIVE MOVEMENT & ATTENTION



Lucien's profile gives reflection an accessible place in the retreat day. Thoughtful and articulate, his approach connects gentle movement with brief meditation and an interest in the details that make an unfamiliar place memorable. Quiet has a place here without needing to become solemn.

A session begins with comfortable movement before settling into attention to breathing, sound or the experience of sitting. Optional prompts offer another route into reflection: a few lines in a notebook, an observation from the day or simply a moment without an instruction.

This voice connects the inward rhythm of practice with the cultural afternoons. Excursions become opportunities to notice and converse, with historical interpretation left to the appropriate guides. Personal thoughts can remain private; there is no expectation to share.

Thoughtful, articulate and warmly inquisitive.

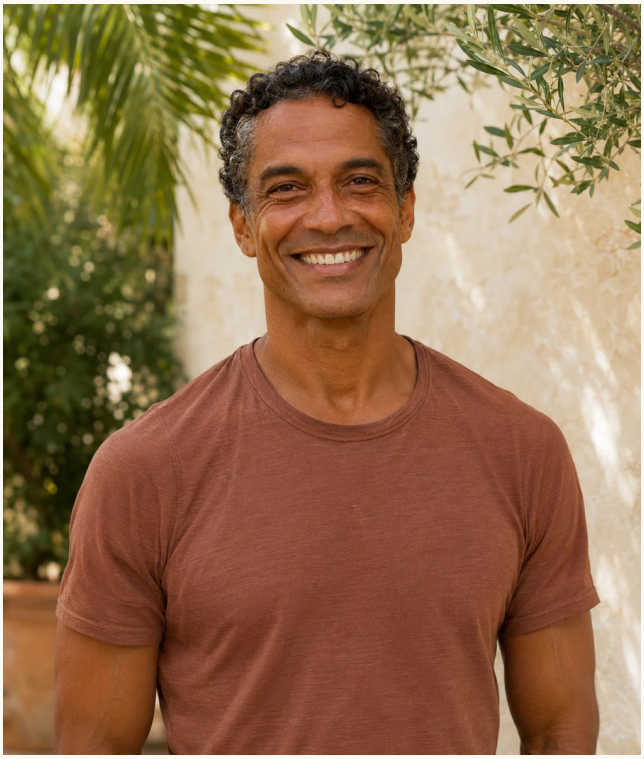
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BRAZILIAN PERSPECTIVE

Rafael Costa

RESTORATIVE YOGA, GENTLE MOBILITY & GUIDED REST



Rafael's profile brings warmth and composure to the quieter side of the programme. His approach treats comfort as something to arrange carefully: a useful support, an easier transition to the floor or enough time to settle before the next instruction. Conversation comes easily, but silence is welcome too.

Gentle mobility leads into supported restorative shapes and a short period of guided rest. Guests can adjust their position, keep their eyes open or follow the ordinary rhythm of breathing. Clear choices remain available throughout, without a demand to concentrate perfectly.

This is a reassuring evening presence, balancing the more active morning approaches. The attention is on an unhurried experience: thoughtful preparation, economical guidance and the simple pleasure of leaving a little room around the effort.

Warm, composed and attentive to comfort.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

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INDIAN PERSPECTIVE

Anika Rao

HATHA FOUNDATIONS, PRANAYAMA & BREATHING AWARENESS



Anika's profile places clear explanation at the heart of practice. Her approach brings Hatha foundations and gentle pranayama together, with enough context to understand an exercise before trying it. Quietly confident and generous with attention, this is a teaching voice that welcomes questions and makes unfamiliar practices approachable.

Accessible movement prepares the way for short breathing-awareness exercises in a comfortable seated or supported position. Natural breathing remains an option throughout. There is no need to hold the breath, produce a particular sensation or turn a quiet practice into a test.

The thread is continuity: how movement, breath and attention can sit comfortably within the same session. Anika's place in the creative direction is to offer clarity, measured pacing and a thoughtful beginning for guests exploring these practices.

Clear, generous and quietly confident.

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JAPANESE PERSPECTIVE

Akiko Mori

SLOW FLOW, BALANCE & ATTENTIVE TRANSITIONS



Akiko's profile is bright, precise and lightly humorous. Her approach explores slow flow through short, repeatable sequences, making room for both concentration and enjoyment. The interest is in how a movement begins, how it changes and how it comes to rest, rather than in collecting difficult shapes.

Standing work, comfortable transitions and balance with support give the practice its structure. A clear demonstration is followed by time to explore, with an accessible option offered alongside a more active variation. Curiosity has more value here than comparison with the next mat.

This voice adds brightness to the morning programme while preserving its measured pace. Careful attention and a sense of play belong together: enough structure to follow the sequence, and enough freedom to make the practice personal.

Bright, precise and lightly humorous.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

Illustrative teaching profile. The teachers leading each retreat and their combinations will be announced before bookings open.

FRENCH PERSPECTIVE

Camille Laurent

YIN, SUPPORTED STILLNESS & QUIET MOVEMENT



Camille's profile gives quieter practice a warm, personal character. Her approach brings together Yin, supported variations and small movements between longer pauses. Perceptive and softly playful, this is a voice that feels equally comfortable with a thoughtful explanation and the space that follows it.

Each shape comes with a clear way in, options for support and permission to change position. Remaining still is never the achievement in itself. A quiet interval offers an opportunity to notice, while an alternative or a pause stays within easy reach.

The evening rhythm is gentle and spacious, offering an approachable introduction for guests curious about Yin. Camille represents a softer texture within the collective: clear choices, companionable quiet and room to discover what an unhurried practice can feel like.

Warm, perceptive and softly playful.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

Illustrative teaching profile. The teachers leading each retreat and their combinations will be announced before bookings open.

BRAZILIAN PERSPECTIVE

Marina Alves

FLOW, CREATIVE SEQUENCING & MOVEMENT WITH BREATH



Marina's profile brings an open, sociable energy to the collective. Her approach uses accessible flow and creative sequencing to make a familiar practice feel fresh, while keeping instructions clear and the pace manageable. There is room for a laugh when balance becomes an experiment.

Standing postures connect through comfortable breathing and deliberate transitions. A short sequence is repeated long enough to become familiar before another option appears. Pauses and quieter variations are woven into the class, with attention to how people enter and leave each movement.

Vibrant and encouraging, this is a welcoming morning voice for guests who enjoy movement and shared energy. Participation matters more than performance. The character is generous, curious and engaged, bringing a little lift to the day without filling every moment.

Vibrant, sociable and encouraging.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

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BRITISH PERSPECTIVE

Eleanor Brooks

RESTORATIVE PRACTICE, MEDITATION & GENTLE REFLECTION



Eleanor's profile is composed, observant and warmly practical. Her approach brings restorative practice and introductory meditation into a simple, welcoming evening format. Small details matter: clear instructions, a comfortable position and enough time to understand a choice before making it.

Gentle preparation leads into supported rest, with brief attention to breathing or sound. Guests can sit, lie down or use an alternative. The room makes space for people who find stillness unfamiliar as well as those who already enjoy it, without expecting a particular experience.

This voice contributes a calm closing rhythm and useful moments of reflection. A few well-chosen words leave room for the practice itself, giving the day an unhurried ending and allowing quiet to feel companionable rather than demanding.

Composed, observant and warmly practical.

TEACHING CONCEPT / APPOINTMENT TO BE ANNOUNCED

Illustrative teaching profile. The teachers leading each retreat and their combinations will be announced before bookings open.

THE WEEK AT A GLANCE

A rhythm of its own.

01

Arrive & exhale

Travel and arrival · Check-in, welcome and settling in. Gentle arrival practice, breath awareness and welcome dinner

02

Find your ground

Alignment-led Hatha + gentle pranayama · Unhurried time at the retreat. Yin + seated meditation

03

Walk through history

Gentle flow + breath awareness · Ephesus cultural excursion. Restorative practice + body-scan meditation

04

Make space

Slow flow + gentle pranayama · Rest, reading and the landscape. Yin + quiet seated meditation

05

The village rhythm

Yin + gentle pranayama · Şirince village excursion. Gentle standing and seated movement + meditation

06

Carry it with you

Alignment-led Hatha + a simple breathing practice · Time to reflect and enjoy the retreat. Restorative practice, meditation and closing circle

07

Leave with room

Optional short meditation, breakfast and check-out · Departure.

Proposed rhythm. Final times adapt to the season, venue arrangements and the group.

DAY 01

Arrive & exhale.



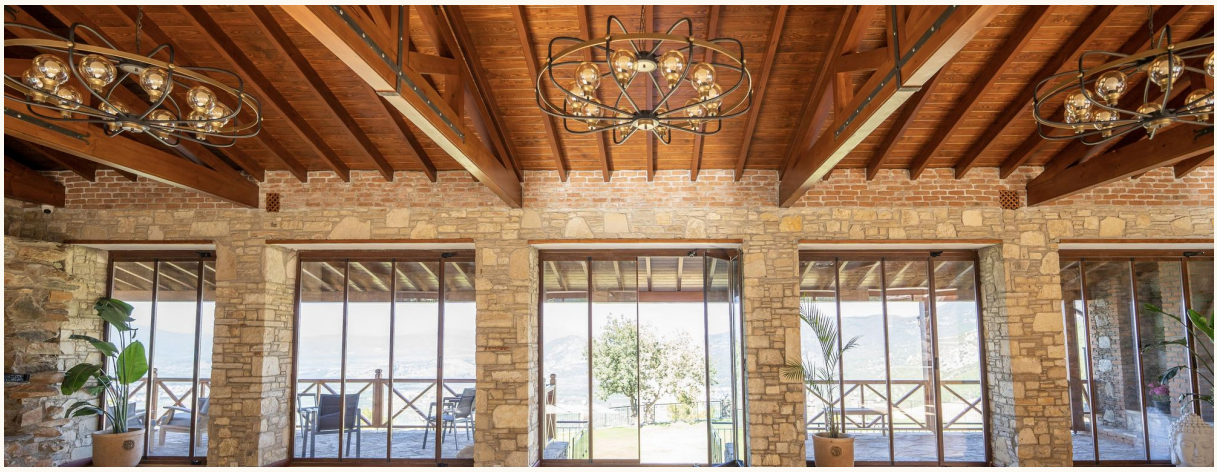
An unhurried arrival in the Aegean hills.

Arrive in the hills, unpack and let the first afternoon belong to settling in. We gather before dinner for introductions, easy movement and a few quiet minutes with the breath.

From 14:00	**Room check-in** Settle into your room and explore the grounds.
16:30	**Welcome gathering** Meet the group and hear the shape of the week.
18:15-19:00	**An easy beginning** Gentle mobility, supported rest and breath awareness.
19:30	**Welcome dinner** The first included fixed-menu dinner.

DAY 02

Find your ground.



A DAY FOR SIMPLE, ATTENTIVE BEGINNINGS.

Our first full day establishes the rhythm of the week. Morning Hatha explores steady standing postures, clear alignment and the support of props. There is time to ask questions, discover useful variations and practise without hurry. The afternoon remains open. As evening approaches, Yin and seated meditation introduce a quieter kind of attention.

07:30-09:00	**Alignment-led Hatha & pranayama** A measured foundation practice, ending with gentle, unforced breathing.
09:15	**Breakfast together** Included fixed-menu breakfast.
Late morning-afternoon	**Time of your own** Enjoy the grounds, read on a terrace or rest in your room.
13:00	**Lunch at leisure** At the hotel or beyond; paid separately.
18:15-19:15	**Yin & seated meditation** Supported, longer-held shapes, followed by a short guided sitting.
19:30	**Dinner together** Included fixed-menu dinner.

DAY 03

Walk through history.



A CHANGE OF SCALE, AMONG THE STONES OF EPHESUS.

A lighter morning practice leaves energy for an afternoon in Ephesus. We move from the intimacy of the studio to the scale of an ancient city, with time to look, listen and take photographs. Back at the retreat, the evening is deliberately gentle: supported rest and a guided body scan before dinner.

07:30-08:45	**Gentle flow & breath awareness** Unhurried movement and an easy breathing practice.
09:15	**Breakfast together** Included fixed-menu breakfast; a free morning follows.
12:30	**An early lunch at leisure** Choose and pay for your own meal before departure.
14:00-17:30	**Ephesus afternoon excursion** Library of Celsus and Great Theatre area, subject to access.
18:15-19:15	**Restorative practice & meditation** Prop-supported rest and a guided body scan.
19:30	**Dinner together** Included fixed-menu dinner.

AN AFTERNOON OF DISCOVERY / DAY 03

Walk into another age.



Library of Celsus · Robert M. Knight / Türkiye Ministry of Culture and Tourism.

For an afternoon, the scale changes. We leave the quiet of the practice room for Ephesus, where the remains of a great city invite the eye to travel from a small carved detail to an entire monumental façade.

The proposed visit takes in the Library of Celsus and the Great Theatre area, subject to access. There is pleasure in the grand view, and just as much in slowing down: looking along an ancient street, noticing the rhythm of columns, or choosing a frame that brings the stone and sky together.

Look closer.
Take your time.



Ancient theatre at Ephesus.
Robert M. Knight / Türkiye Ministry of Culture and Tourism.

DAY 03

14:00-17:30

A proposed afternoon of discovery, followed by practice and dinner back at the retreat.

This is a cultural afternoon woven into the week, with time to look and take photographs. Wear comfortable shoes, carry water and leave room for pauses. The final route and timing will follow the season and the site's operating arrangements.

Back at the retreat, a softer practice awaits: supported rest, a guided body scan and dinner together as the evening settles over the hills.

The proposed afternoon

Day 3, 14:00-17:30. Final departure and return times depend on the season and site access.

What to bring

Supportive walking shoes, water, a hat and sun protection. Historic surfaces can be uneven and exposed.

Included or separate

Transport, guiding and admission costs will be specified in the final retreat offer. Participation is optional.

DAY 04

Make space.



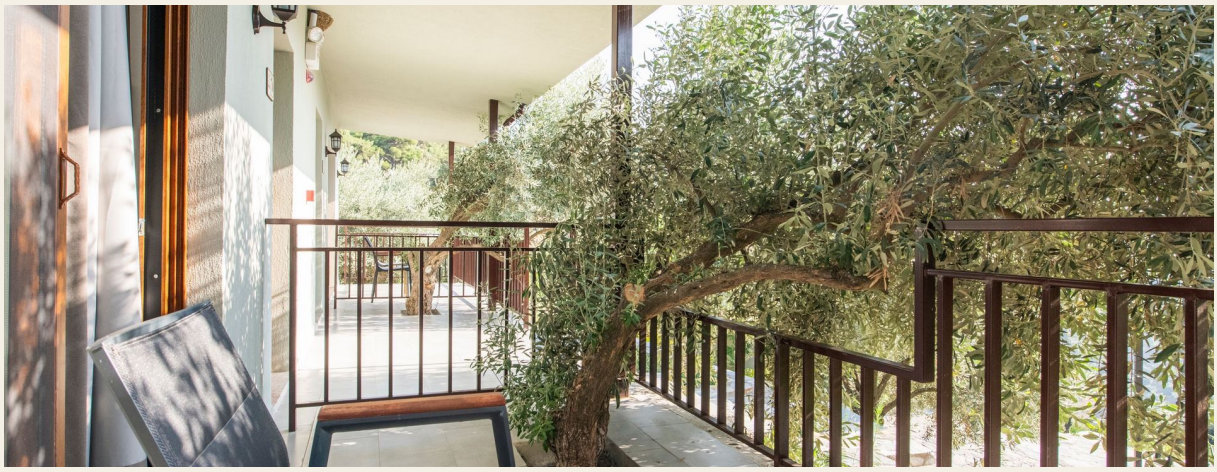
MOVEMENT IN THE MORNING. AN OPEN HORIZON AFTERWARDS.

With no excursion planned, the day has room to unfold. A slow morning flow links familiar postures into an attentive sequence, with alternatives offered throughout. Afterwards, the afternoon belongs to you. Return to the studio in the early evening for Yin and a simple meditation, allowing the day to close without urgency.

07:30-09:00	**Slow flow & pranayama** A gently progressive sequence followed by an accessible breathing practice.
09:15	**Breakfast together** Included fixed-menu breakfast.
Late morning	**A quiet interval** Time for a book, a conversation or a walk through the grounds.
13:00-afternoon	**Lunch & leisure** Lunch is independent and paid separately; the afternoon remains free.
18:15-19:15	**Yin & quiet meditation** A softer evening practice with props and comfortable variations.
19:30	**Dinner together** Included fixed-menu dinner.

DAY 05

The village rhythm.



AN AFTERNOON OF STREETS, SMALL SHOPS AND LOCAL LIFE.

We begin with Yin and gentle pranayama, changing the pace before an afternoon in Şirince. This hillside village brings a different texture to the week: narrow streets, historic houses, small shops and places to pause for tea. There is time to explore independently before returning for easy movement, meditation and dinner at the retreat.

07:30-08:45	**Yin & gentle pranayama** Supported shapes and a quiet breathing practice.
09:15	**Breakfast together** Included fixed-menu breakfast; time to yourself follows.
12:30	**Lunch at leisure** An independent meal before departure; paid separately.
14:00-17:30	**Şirince afternoon excursion** A village walk and free time for shops, cafés and photographs.
18:15-19:15	**Gentle movement & meditation** Comfortable standing and seated movement followed by a guided sitting.
19:30	**Dinner together** Included fixed-menu dinner back at the retreat.

AN AFTERNOON OF DISCOVERY / DAY 05

Follow the smaller streets.



Şirince · Türkiye Ministry of Culture and Tourism, Directorate General of Promotion.

Şirince brings another texture to the week. Historic houses gather along hillside lanes, shopfronts catch the eye and cafés offer a reason to sit for a while. The pleasure here is in the smaller scale: a doorway, a window, a turning that opens onto another view.

Our proposed afternoon leaves room to wander. Browse the village shops, find a place for Turkish tea, or take your camera a little further along the sloping streets. You can choose the details that interest you, whether that means an afternoon of photographs or a comfortable seat and a long conversation.

Tea, a turning, another view.



Traditional houses and rooftops, Şirince.
Robert M. Knight / Türkiye Ministry of Culture and Tourism.

DAY 05

14:00-17:30

A proposed afternoon of discovery, followed by practice and dinner back at the retreat.

The outing follows a softer morning of Yin and gentle pranayama. On returning to the retreat, easy movement and meditation bring us back together before dinner.

Wear comfortable shoes for the cobbled lanes. Café stops, food, drinks and personal purchases are your own choice and are paid separately. The final visit arrangements will be confirmed with the retreat programme.

The proposed afternoon

Day 5, 14:00-17:30, with time for an independent stroll, cafés and photographs.

The pace

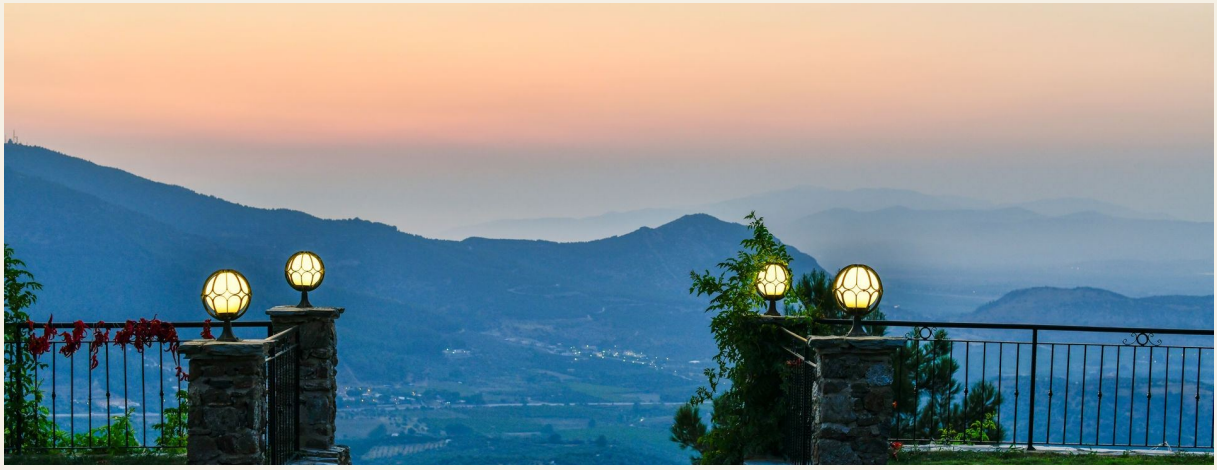
Sloping lanes and cobbled surfaces. Choose a route and walking pace that suit you.

Your own discoveries

Browse, pause and explore. Café visits, shopping and personal purchases are separate.

DAY 06

Carry it with you.



GATHER THE SMALL THINGS YOU WANT TO KEEP.

The final full day returns to the foundations introduced at the start of the week. We revisit a small, adaptable sequence and a simple breathing practice, with space to notice what feels useful to you. Enjoy an unhurried afternoon before our closing practice, meditation and gathering. Dinner becomes a final shared evening in the hills.

07:30-09:00	**Hatha & a practice to take home** An adaptable sequence and gentle pranayama, with time for questions.
09:15	**Breakfast together** Included fixed-menu breakfast.
Late morning	**Reflection at your own pace** Journal, walk, read or simply enjoy the view.
13:00-afternoon	**Lunch & leisure** Lunch is independent and paid separately; leave time for packing later.
18:00-19:15	**Restorative practice & closing circle** Supported rest, a short meditation and an opportunity to share.
19:30	**Farewell dinner** Our final included fixed-menu dinner together.

DAY 07

Leave with room.



One last morning in the hills.

Share breakfast, take a final look across the landscape and prepare for the journey ahead. For those whose departure allows it, a short meditation offers a quiet close to the week.

07:45-08:15	**Optional morning meditation** A short seated or comfortably supported practice.
08:30	**Farewell breakfast** The final included fixed-menu breakfast.
Morning	**Pack and prepare** Allow time to settle any personal extras.
By 11:00	**Check-out and departure** Transfers are arranged separately unless expressly included.

SIX NIGHTS IN THE HILLS

Unpack. Exhale. Make yourself at home.



Panorama room example. Category and bed configuration are confirmed before booking.

There is comfort in returning to the same room after a morning on the mat or an afternoon among ancient streets. Put your book beside the bed, hang up the clothes you will wear tomorrow, and let the practical business of travelling fall away.

Your stay brings together six nights, with two guests sharing a room as standard. Private bathrooms and air conditioning provide everyday comfort; natural materials carry the retreat's character into the interiors. Your room category and bed arrangement will be clearly stated before booking.

The property's Panorama, Air, Garden, Forest and Core categories offer different combinations of space, outlook and outdoor areas. Core rooms do not have a balcony. Photography shows examples of the accommodation, rather than a guaranteed allocation.

Choose private occupancy with a +US$1,000 supplement per booking, subject to room availability. The supplement applies once to the booking. Your room category and occupancy arrangement will be confirmed before payment.

Choose how you stay.



Core room example with two separate beds.

Shared occupancy is US$2,600 per person. Private occupancy adds US$1,000 per booking, subject to availability. The room category and bed arrangement offered will be confirmed before payment.

Panorama	Elevated rooms with generous terraces and broad views.
Air	An open outlook towards the hills and olive groves.
Garden	Ground-floor rooms opening to garden terraces.
Forest	A quieter, freestanding setting among the trees.
Core	Compact central rooms without a balcony.

PRIVATE-ROOM OPTION

+US$1,000 per booking. This supplement is charged once and does not promise multiple private rooms. Shared occupancy remains US$2,600 per person.

THE PLEASURE OF THE TABLE

An Aegean appetite.



Ephesus Retreat cuisine. Dishes shown illustrate the venue's food; menus vary.

The table is part of the retreat's rhythm: somewhere to arrive with an appetite after morning practice, and somewhere to gather again when the day begins to cool. Food gives the week another way to feel connected to its surroundings.

The venue describes an Aegean and Mediterranean kitchen shaped by what grows nearby: olive oil, garden vegetables, fragrant herbs and seasonal produce. Its own cultivation and relationships with local producers inform the food. Specific ingredients and sourcing will vary with the final menu and season.

This is the character we want around the table: the colour of vegetables, the scent of herbs, olive oil and uncomplicated dishes that leave the ingredients room to speak. The exact menus will be agreed with the kitchen and will vary with the season.

Breakfast and dinner are included, each served as a fixed menu. Tell us about dietary requirements before booking so the kitchen can confirm suitable arrangements for your stay.

Two shared tables.
An afternoon of your own.



The dining setting at Ephesus Retreat.

Begin with breakfast after practice, when the morning still feels open. Return for dinner after a quieter evening session, with time to compare photographs, talk about the day or simply enjoy being in good company.

On excursion days, an earlier independent lunch leaves the afternoon free for exploring. Additional drinks and personal orders are separate unless the final booking offer expressly includes them.

Breakfast

Six included fixed-menu breakfasts: Days 2-7.

Lunch

Choose where to eat and pay separately: at the venue or elsewhere.

Dinner

Six included fixed-menu dinners: Days 1-6.

THE HOURS BETWEEN

Leave an afternoon unwritten.



The infinity pool at Ephesus Retreat.

Bring the book with the unbroken spine. Find the chair that catches the light. Take a swim when the pool is available, or settle somewhere with a view and let the next hour ask nothing more of you.

For once, the afternoon can be yours.

The small things you will remember.



A terrace at Ephesus Retreat.

We have left these intervals deliberately open. They give you time to enjoy the place itself: a slow breakfast conversation, a walk through the grounds, a quiet return to your room. You may feel sociable one afternoon and prefer your own company the next. Both belong here.

There is no extra achievement to collect between classes. Rest, read, write, photograph, or simply sit. The programme will be there when it is time to gather again. Until then, the afternoon is yours, including the option of doing very little.

A slower breakfast.
A longer conversation.
A favourite corner.

The view will change when you leave. A few useful things can stay: a movement you understand more clearly, a comfortable way to sit, an easy breathing practice, and the memory of making time for them.

2027 RETREAT PRICING

Clearly considered.

Seven days. Six nights. A thoughtful framework for movement, rest and discovery.

SHARED OCCUPANCY	PRIVATE OCCUPANCY
US$2,600	+US$1,000
per person	supplement per booking

01

Six nights

Shared, double-occupancy accommodation as standard.

02

Half board

Six fixed-menu breakfasts and six fixed-menu dinners.

03

The practice programme

Scheduled yoga, meditation and gentle pranayama.

SEPARATE OR TO BE CONFIRMED

Lunches, personal drinks and additional orders; flights, travel insurance and airport transfers are separate. The private supplement applies once per booking and is subject to room availability. Ephesus and Şirince are planned afternoon visits; transport, guiding and admission arrangements will be specified before payment.

Reservations will open once the final arrangements and payment service are ready.

A graceful arrival.

The small details, considered in advance.

Getting here

İzmir Adnan Menderes Airport (ADB) is approximately an hour away by road, according to the venue. Airport transfers can be arranged separately; timing and cost will be provided before travel.

Arrival & departure

Check-in from 14:00 on Day 1. Check-out by 11:00 on Day 7. The arrival day includes dinner; the departure day includes breakfast.

What to bring

Comfortable practice clothes, a light layer, swimwear, sun protection, a refillable bottle and supportive shoes for the excursions. Bring any personal practice equipment you prefer.

Access & pace

The hillside property is not barrier-free. Discuss access requirements before booking. Ephesus and Şirince involve uneven or sloping walking surfaces. Both outings are optional.

A flexible rhythm

All class and outing times are proposed. The schedule adapts to season, weather, site access, venue arrangements and the needs of the group. Ephesus timing may move later to avoid heat.

THE 2027 - 2028 EDITION

The details behind the invitation.

The seven 2027 departures and selling prices are published in this edition. Dates for 2028 will be announced. Reservations are not yet open.

THE PEOPLE & THE PROGRAMME

The nine biographies are illustrative profiles for the teaching collective we are developing. They do not represent confirmed instructor appointments. The teachers leading each retreat and their combinations will be announced before bookings open. Final room allocations, session times, excursion arrangements and booking conditions will be provided before payment.

PHOTOGRAPHY & SOURCES

Venue photographs: Ephesus Retreat official collection. Excursion photographs: Türkiye Ministry of Culture and Tourism, Directorate General of Promotion; Robert M. Knight. Original source watermarks and credits are retained. Room photographs show category examples, and dishes shown illustrate the venue's food; final allocations and menus may differ.

Venue, rooms and cuisine

Own cultivation and sourcing

Official Ephesus Hosting Guide

Ephesus - UNESCO World Heritage

Şirince - Selçuk Municipality

Şirince - GoTürkiye

Celsus photograph - Ministry #7270

Ephesus theatre - Ministry #7033

Şirince photograph - Ministry #6915

Şirince architecture - Ministry #7204

Yoga - NCCIH / NIH

Relaxation and breathing - NCCIH / NIH

Meditation - NCCIH / NIH

Yin and restorative - Bernie Clark

Typography: Italiana, Cormorant Garamond and Jost. Wellness benefits described in this brochure are possibilities rather than promised outcomes. Dietary requirements and accessibility arrangements should be discussed before booking.

PLAVINI.COM / RETREAT DETAILS & UPDATES

PLAVINI



A week to remember.
A practice to bring home.

THE EPHESUS RETREAT

SEVEN DAYS / SIX NIGHTS

PLAVINI.COM

2027 - 2028 RETREAT COLLECTION