

Journey to Wellness

on the Turkish Mediterranean in Alayna Turkey

We invite you to take time out of your busy schedule to relax, rejuvenate and reconnect with your inner being in a peaceful haven nestled amongst pine trees and citrus groves in the Taurus Mountains of the Turkish Riviera. Afford yourself a quiet time of reflection with an opportunity to experience different ways and means of centering yourself. All of this can be experienced via Reflexology, Reiki, Soul Collage, Energy balancing, Meditation and much more. Participate in as much or as little as you would like. All are optional. This peaceful location is also a wonderful place for writers or artists who are looking for time and space to unleash their creativity. With its subtropical climate and clean fresh air, it is the ideal place to (find or lose yourself) in a caring and supportive environment.

Dates: May 12th to 18th 2012

Included in retreat price \$1850 Accommodations & Meals on retreat days
and the following workshops and services

- * Reiki Circle * Meditation * Energy Protection * Chakras and Crystals
- * Manifestation techniques * Intuition Development * SoulCollage® * Dimebayi (Turkish Lunch)
- * Meditation * The Burning Bowl Ceremony * Illumination Process * Traditional Turkish Bath

Also Available on the Retreat

Tarot Readings, Full Reiki Sessions, Reflexology Treatments, Reiki Training All Levels

Prior experience or knowledge of any of these treatments or workshops is not necessary to benefit. In order to accommodate people fully please specify Therapies/Workshops you would like to participate in. Please contact Wellnessandreiki.com mbsalmaggi@wellnessandreiki.com or sheilamckevitt@hotmail.com

