



QIVINE MIND



EPHESUS 3-DAY (4-NIGHT)

CHRISTMAS RETREAT

KUŞADASI, TÜRKİYE 22-26TH DEC

AWAKEN YOUR SPIRIT AT CHRISTMAS IN A RELAXING & INSPIRING 3-DAY SPA RETREAT



This Christmas, give yourself the ultimate gift: A transformative 3 – day retreat that harmonises serene relaxation with profound spiritual exploration. Join us on a journey designed to help you unlock your potential and embrace self-empowerment, clarity, and peace. In a safe, supportive, and non-judgmental environment, this immersive experience invites you to deepen your spiritual awareness and reconnect with your creative essence. Relax fully, let go, and surrender into a space of true renewal.

Step into a world where powerful connections between yourself and the universe are brought to light, revealing the beauty of life in all its abundance. You are invited to explore your unique path within the oneness of the universe, through intentional and mindful attention to your true self.

Nestled in the enchanting landscape of Ephesus, where history and divinity converge, this retreat encourages you to open your heart to divine love and inner peace. On Christmas Day, at what is believed to be the last earthly home of Mary, mother of Jesus, a timeless, sacred energy fills the air. This moment of global appreciation creates a profound doorway to connect with higher consciousness. Every life path open to this higher connection receives an energetic infusion of love, naturally aligned with a divine flow of the Law of Attraction. This connection offers a rare opportunity to experience the magic of the season from within.

Guided meditations and mindful practice in the soul-soothing thermal spa waters of a luxury hotel provides a sanctuary for reconnecting with your true self. Embrace the essence of the season in a setting devoted to renewal, clarity, and the profound joy of spiritual awakening. Step into the new year renewed, empowered, and deeply attuned to the love within and around you.

*What you will experience**

- **Self-Empowerment:** Find clarity, reignite your creativity, and nurture self-love with guided sessions designed to bring out your potential.
- **Trust & Safe Space:** Each gathering supports your journey in a non-judgmental, relaxed environment where you can explore freely.
- **Focus & Mindfulness:** Build present-moment awareness and transform your daily life with mindfulness practices.
- **Guided Meditations:** Connect with your higher mind through deep relaxation and meditative practices.
- **Ancestral Reprogramming & Past-Life Exploration:** Transform limited beliefs and embrace a path of self-directed growth and joy.
- **Adventurous Spiritual Growth:** Engage with ancient wisdom and universal consciousness through a light-hearted, joyful approach to spiritual exploration.
- **Breath-work:** Cultivate energy and focus through the power of breath.
- **Mindful & Intuitive Movement:** Experience the joy of life through movement, reconnecting with your body and spirit.
- **Music & Sound Connections:** Embrace sound as a powerful tool for focus, relaxation, and awakening.



*Although you may be encouraged to step outside of your comfort zone a little, it is always your choice to participate.

Your Path to Liberation and Joy



This retreat helps you realign with your higher self, harmonising inner and outer worlds to tap into the boundless joy and love within. As you experience life's challenges through this new perspective, each moment becomes an opportunity for growth and recalibration. It's not about seeking change for the sake of change but rather about realigning with the profound truth of who you are. Together, we will explore universal love and emerge from this experience empowered, renewed, and deeply connected to life.

Step into this season ready to radiate your light. Embrace the richness of your journey and connect with the world in profound, meaningful ways. Discover new dimensions of freedom as you make intentional choices and express your true self.

This Christmas, let your spirit awaken to a new level of love, joy, and peace

Itinerary

At our Christmas 3-Day Retreat you will begin by fully unwinding, leaving behind the demands of daily life. Through soothing guided meditations, you'll gently release past and future concerns to find yourself centred in the present, ready to embrace the retreat experience. This supportive environment offers a safe space to reconnect with your inner self, exploring your deeper essence and inner voice within a group that encourages openness and discovery.

From the very start, your intentions will focus on the joy of exploration. Here, intentions act as guiding forces, gently shaping your retreat experience by bringing a conscious awareness to what you wish to feel and discover. Setting intentions can be powerful: they serve as beacons, aligning your energy and awareness with the aspects of growth, connection, and peace you most desire, allowing for a more meaningful journey.

As part of our retreat, you'll have exclusive access to the hotel's thermal pools, filled with natural healing waters. These mineral-rich pools are renowned for their therapeutic properties, backed by scientific research showing benefits for both body and mind. With a unique mineral composition that includes elements such as calcium, magnesium, and sulphate, these waters have been shown to reduce muscle tension, support skin health, and encourage deep relaxation.

The warm thermal waters invite you to unwind, release stress, and absorb the revitalising effects that generations have cherished. Whether you're seeking relief from physical discomfort, a soothing experience for your skin, or a simple sanctuary to relax, the thermal pools offer a natural and effective path to wellness. Discover the perfect blend of tradition and modern comfort, where healing waters are a part of your retreat experience.

The serene thermal spas and thoughtfully prepared meals enhance your experience, helping you to relax more deeply and naturally than in the typical rush of daily life. This supportive setting allows you to reconnect, explore, and savour each moment of this transformative journey.



As you relax more deeply, our first journey will take us to Priene, a nearby ancient site rich with layers of creativity from times past. In this remarkable setting, you'll feel a deep connection to the timeless flow of artistic expression, philosophy, dance, worship, and literature that inspired the people of those eras. In the stillness of this place, you can attune to the wisdom of these practices and connect with the legacy of those who once gathered here, experiencing a resonance that echoes into the present. Many who have visited with us at Priene have connected to past lives, in a deep and personal way, in this place of intrigue and this exploration invites you to see how today's experiences are woven with threads of the past, connecting you to the many who have walked these paths before. Through this awareness, you gain insight into the power of conscious choice—bringing to light how intentional decisions can shape a more fulfilling, joyful life. By becoming aware of the creative energy that surrounds us, you open yourself to a life of purposeful creation, allowing your journey to unfold with greater ease, peace, and happiness.

Our lives are intertwined within a living vortex of creation, and connecting with this can awaken the full potential of your unique path. During our visit to this ancient ruin, we will support you in exploring this creative flow, helping you discover a deeper, more empowered connection to your life's path.



Priene, not unlike many other ancient ruins in Turkey had many eras defining its use, and its history is therefore colourful and varied. The most apparent connection made at Priene is the healing placed in its vortex, instigated by an adoption of art and cultural activities due to the philosopher Bias who resided in the city. He, with his intentions, began a journey that can be connected with today. The journey of the universal mind, one of deep wisdom holds its place at Priene awaiting your discovery.

After our journey into the past, we'll return to the spa, allowing ourselves to unwind further as we set focused intentions for a bright, fulfilling future. Together, we'll support one another in consciously creating a life filled with appreciation and purpose. This shared intention enriches our daily experiences, aligning us with a positive, vibrant path forward.

With renewed calm and connection, we'll then prepare for a peaceful, reflective visit to Ephesus, where we'll explore the Church of the Mother Mary and the House of the Mother Mary. This journey is designed to be a deeply meditative experience, inviting you to connect more closely with your soul's expression. Here, the timeless wisdom of St. Paul and the gentle guidance of Mother Mary offer insights to help you embrace your divine nature, wherever you are on your path.

Throughout this journey, the focus is always within you. With guided meditations, you'll be encouraged to embrace your intrinsic worth and nurture your well-being, fostering a lasting sense of inner peace and connection.



At The Home that is Mother Mary's last believed place of life in physical form there are many opportunities to connect with the Divine. There are many vortices of creative expression here, but also, the appreciation for the life of Mary here is so deeply entrenched within the connected network of conscious energetic light beings that, even with very little practice, the heart shines with deep and uplifting energy and the universal connections flow.

Ephesus, a magnificent place of great archeological importance holds the essence of the Mother Mary, the resting place of her wisdom and the universal connections here are profound. It, as a place of historical interest, holds many different vortices of information. Connections with each brings information forwards as to the reasons behind the intentions placed there, in different locations, and also, with very little effort, the peoples of the past are present to offer their insights and their love for modern day humanity. We are often humbled by the information that flows at Ephesus, join our journey and relax into deep spiritual connections.

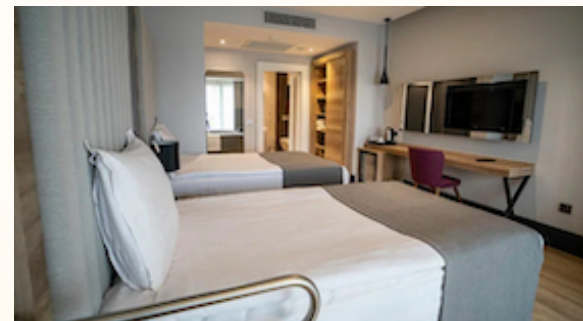


Here, found by spiritual connections within the universal mind, resides an important message for human history and its understandings in the present day. Today as we gather in places discovered through the spiritual focus, we find that those connections have seeded further discoveries awaiting our attention within many ancient ruins of the past. Join us here to understand how spirit works through us and for us and how we, as convectors of universal knowledge can enjoy life discovering many different aspects of the human mind.

Peace comes from within, knowledge resides within that peace and wisdom, a flow of deep spiritual awareness is within each and every person willing to listen to the deep love within them.

22ND DECEMBER - ARRIVAL DAY

9:00pm - Welcome, Orientation and Introduction session in preparation for the events of the following day.



23RD DECEMBER - RETREAT DAY 1

Welcome to the start of your retreat journey! On Day 1, we ease into the experience with a focus on setting intentions, letting go of daily stresses, and reconnecting with what truly matters to you. From our first meditation on the Mountain View Roof Terrace to moments of relaxation by the pool, today is all about grounding yourself, connecting with others, and opening up to the transformative days ahead. Each part of the day is designed to deepen your experience, creating space for connection, relaxation, and rejuvenation.

8:00am - Begin your day with a refreshing **Meditation for Intention Setting** on the Mountain View Roof Terrace, surrounded by peaceful vistas.

9:00am - Enjoy a delicious **breakfast at the hotel's poolside restaurant**, where you can soak in the morning sunlight and connect with fellow retreat guests.

10:00am - Continue our **Intention Setting Session** in a relaxed, open atmosphere, guiding you toward a deeper alignment with your aspirations

12:30pm - Savour lunch in the **panoramic ocean-view restaurant**, where sweeping sea views elevate the dining experience.

2:00pm - Unwind further with a tranquil **spa session**, offering a moment to rejuvenate both body and mind

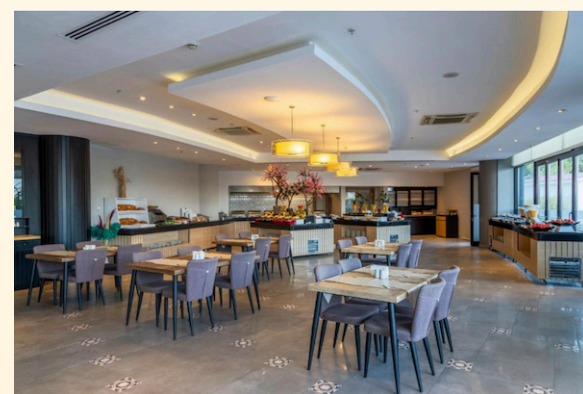
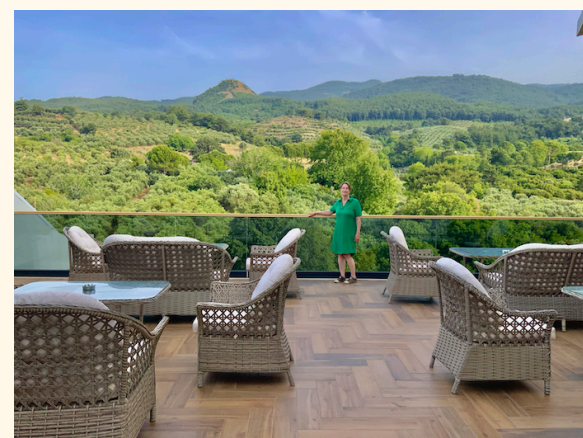
2:30pm - Join us for a soothing **Indoor Water Meditation**, designed to enhance focus and foster a gentle connection with your higher self, supporting a profound sense of inner peace.

4:00pm - Gather in the **yoga studio for a relaxed sharing session**, where you'll have the opportunity to reflect, connect, and share insights with others in a supportive environment.

6:00pm - Take some personal time and enjoy a **break**. Whether you choose a quiet moment by the pool or a peaceful stroll, this time is yours.

7:00pm - Enjoy an **evening meal at the poolside restaurant**, where great flavours and a relaxed atmosphere set the tone for easy conversation and connection.

9:00pm - Enjoy your time however you like — whether it's stargazing, sharing laughs and stories with new friends, or just kicking back and enjoying the moment. This time is all about relaxing and having fun in whatever way feels right.





24TH DECEMBER - RETREAT DAY 2

The itinerary for Day 2 is designed to blend moments of reflection, exploration, and relaxation, creating a flow that encourages both connection with inner wisdom and rejuvenation. As the day winds down, take with you the insights, energy, and relaxation you've cultivated, ready for a restful evening and the promise of new experiences tomorrow.

8:00am - Start the day with **honest sharing and intention setting** on the Mountain View Roof Terrace, reconnecting with your original intentions in a peaceful, supportive space.

9:00am - Enjoy **breakfast by the pool** at the hotel's restaurant, fuelling up for a day of exploration and relaxation.

10:00am - Slip into relaxation with a **spa water meditation** to prepare for the day's journey to Priene, focusing on clarity of mind with mindful exercises.

11:00am - Weather depending we will take a packed lunch to the ancient site of Priene, travelling by midi-bus. Enjoy an afternoon of discovery in this beautiful, peaceful environment. Spend time engaging with the universal energies and the inner wisdom within the creative vortex already present there.

4:00pm - Upon return to the hotel - Get moving with a fun **mindful & intuitive movement session** in the yoga room, freeing your body and mind.

5:00pm - Find your bliss in the **hot thermal spa**, perfect for relaxing and centring yourself. Immediately followed by a refreshing **cold-water meditation** with focus upon surrender and allowing, which engages heightened energetic connections.

6:00pm - Time to spend however you choose.

7:00pm - Join us for an **evening meal at the poolside restaurant**, where you can relax, enjoy great food, and reflect on the day with friends.

9:00pm - Enjoy your time however you like.



"Surrounded by breathtaking views and the healing embrace of nature, feel yourself grounded, uplifted, and ready to embrace the year ahead."

"Experience a Christmas beyond the ordinary, one that honours the timeless joy of inner peace and the gift of conscious awakening."

25TH DECEMBER - RETREAT DAY 3

Today, on this special Christmas Day, we embark on a beautiful journey to the sacred sites of Ephesus, immersing ourselves in reflection, connection, and inner peace. With a focus on appreciation, this day opens us to deeper universal and inner connections, inviting us to experience moments of inspiration, newfound insights, and new levels of clarity and wisdom. From the serene meditation at the Church of Mother Mary to the quiet inspiration at her house, each moment encourages us to listen deeply and honour all and everything with a heartfelt connection with the universal energies. As the evening unfolds, we'll gather to share a joyful meal by the pool, culminating in a Celebration of Life—a time to embrace our journey and celebrate the friendships and memories we've created together.

8:00am - **Departure to Ephesus by Midi Bus**

At Ephesus, we will embark on a journey to explore the eternal mind through inner focus and connection, beginning at the Church of Mother Mary and continuing through various sacred locations around this ancient city. At the Church of Mother Mary, we'll gather to attune ourselves to the consciousness of Mother Mary, listening deeply and connecting with the divine nature within our hearts that unites all beings and all things. This experience is designed to open us to profound insights and a sense of unity, enriching our understanding of the timeless wisdom held in this historic place.

2:30pm - **Visit to the House of Mother Mary**

Engage in another mindful meditation, immersing in this serene environment to tune into higher consciousness and connect with the spirit of this historic sanctuary.

5:15pm - **Return to Hotel & Rest Break**

Take some time to relax and refresh before the evening's celebrations.

7:00pm - **Evening Meal by the Pool**

Gather for a delicious evening meal at the poolside restaurant, savouring the food and the company of newfound friends.

9:30pm - **Celebration of Life**

End the day on a joyful note with a Celebration of Life—a time to reflect, share laughter, and celebrate the journey.

26TH DECEMBER - DEPARTURE DAY

Take the day at your own pace. No scheduled events—simply relax, reflect, and prepare for your journey home, carrying with you the memories and connections made.

WISDOM FOR ALL

Whilst we facilitate this retreat with developed techniques and embracing our connections with the universal love present for all, we encourage a personal journey with no enforcement of beliefs. We provide certain philosophical discussions for contemplation and also encourage the connection with the universe from an awareness of the eternal identity, but under no circumstance do we encourage or support the need to believe in any particular religion, agnosticism, atheism or any particular belief.. This is an inclusive retreat that embraces all aspects of our journey as humanity together in focus towards higher love and a purposeful life path.



"If you're ready to tap into your inner wisdom and learn to trust the subtle guidance within, this retreat offers a gentle path to awakening and strengthening your intuitive senses."

RESTRICTIONS

This is an adult only retreat for persons aged 16+. It is recommended that every participant is able to spend some time with focused meditation prior to the trip and are able to contemplate the wonders of the universe from within their self-awareness.

No restrictions are placed upon the health of the attendees as long as they are able to participate in hot water treatment centres and saunas. This is for the detoxification of the body and focus for the focused group work at Priene and Ephesus. Please note that accessibility is limited for wheelchair users at the ancient sites and a reasonable level of mobility will be required for your comfort in accessing all places. Priene sits high on a hill with many steps and rough ground. Much of Ephesus has uneven, stone surfaces that can make wheelchair access difficult.

If you have any physical or mental health or mobility concerns please contact us at Divine Mind LTD to discuss your individual needs prior to booking.

PRICE - £980 per person (20% deposit required to book*)

The price includes all accommodation (rooms are shared with 2 or 3 per room), meals and general spa facilities, professionally facilitated focus sessions, tour guidance and travel expenses from the hotel to the ancient sites. Additional hotel spa treatments are available with direct liaison and payment to the hotel

Flights and airport transfers are not included in the price and arrangement of the flights are full responsibility of the client. However we can assist you, if required, to find your ideal travel arrangements.

Airport transfers can be arranged for an additional charge. Price is provided upon enquiry as the price is influenced by the number of travellers at that time. Train connections, private transfers and taxis are possible.

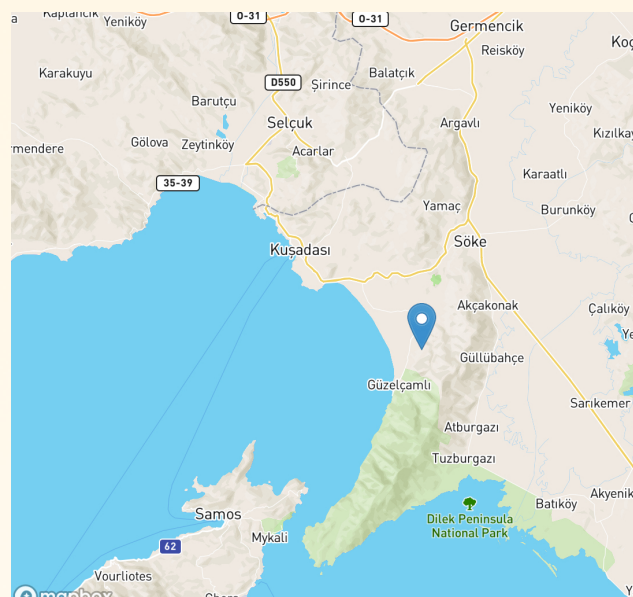
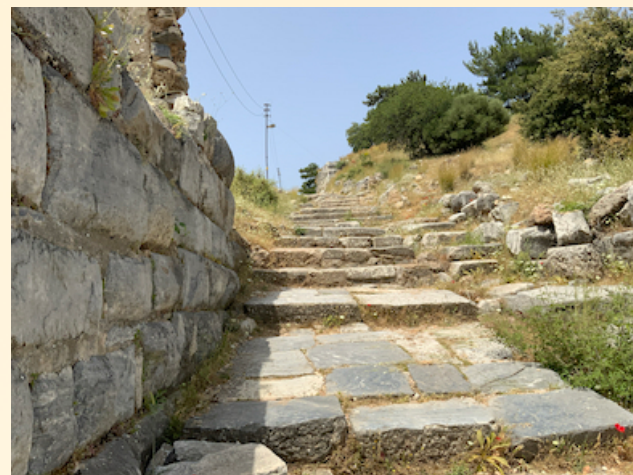
It is recommended that flights are arranged to **Izmir (Adnan Menderes) airport** as this is the closest in proximity, followed by Bodrum airport.

Flights to Izmir run regularly from major UK airports. Here are some suggestions...

www.flypgs.com. www.turkishairlines.com

Please contact us at IAm@DivineMind.Love if you need additional information to help you arrange flights or transfers.

*full payment is required within 21 days of the retreat start date.



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A fully facilitated, fun adventure with your fellow mind travellers

An inspirational and transformative experience expanding your awareness of life and who you really are!

- Guided Meditations • Access Your Inner Wisdom
- Law of Attraction • Thermal Healing Waters
- Exploration of the Universal Mind



**NOW IS THE TIME TO GIVE YOURSELF
THE LOVE THAT YOU DESERVE!**



WWW.DIVINEMIND.LOVE

See our website for many different aspects
of conscious creative activities

