



QIVINE MIND



EPHESUS 6-DAY (7-NIGHT)
SELF-DISCOVERY RETREAT
KUŞADASI, TÜRKİYE

INSPIRE YOURSELF IN A REFRESHING, TRANSFORMATIVE & UPLIFTING 7-NIGHT SPA RETREAT



Gift yourself an inspirational, energising and life affirming seven-night retreat that seamlessly combines deep relaxation with powerful spiritual exploration. Join us for an experience designed to unlock your potential and cultivate self-empowerment, clarity, and inner peace. In a safe, supportive, and guided environment, this retreat invites you to deepen your spiritual awareness, reconnect with your creative essence, and align with the abundant energy of the universe. Here, you'll find space to fully relax, release, and surrender to a profound journey of renewal.

Step into a world where you can explore the dynamic connections between yourself and the universe, rediscovering life's beauty and limitless possibilities. Set in the historic landscapes of Ephesus, where the energies of the past inspire the present, this retreat provides a unique opportunity to connect with higher consciousness and harness the power of the Law of Attraction for reflection and growth.

Through guided meditations and mindful practices in our soul-soothing thermal spa facility, you'll have a sanctuary for reconnecting with your true self. Embrace a journey of renewal, clarity, and uplifting transformation. Leave feeling energised refreshed, empowered with a clear focus upon life and aligned with the love and abundance 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.
- **Thermal mineral waters:** Embrace the energies of the universe in uplifting, recalibrating and focus enhancing waters of the region.

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



"If you feel the need for more joy and spontaneity in life, this retreat offers uplifting practices to reignite your inner spark and encourage a sense of playful freedom."



Your Path to Liberation and Joy

This retreat guides you in realigning with your higher self, harmonising your inner and outer worlds to access the boundless joy and love within. By approaching life's challenges from this renewed perspective, each moment becomes an opportunity for celebration and recalibration. It's not about seeking change for the sake of change but about rediscovering and aligning 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 journey ready to radiate your light. Embrace the richness of your path and connect with the world in meaningful, impactful ways. Discover new dimensions of freedom as you make intentional choices and express your true self, allowing your spirit to awaken to new levels of Love, joy, and peace.

Itinerary

At our 7-Night Transformative Retreat, you will begin by fully unwinding, leaving behind the demands of daily life. Through soothing guided meditations, you will gently release past and future concerns, centring yourself in the present and preparing to embrace the retreat experience. This supportive environment offers a safe space to connect with your inner self, encouraging you to explore your deeper essence and higher Self within a group that fosters openness and discovery.

From the start, your intentions will focus on the joy of self-exploration. Here, intentions act as guiding forces, shaping your retreat experience by aligning your energy and awareness with what you wish to feel and discover. Setting intentions can be transformative: they serve as beacons, helping you focus on flow, connection, and peace, allowing for a more meaningful journey.

As part of this retreat, you will enjoy access to the hotel's thermal pools, filled with natural, healing waters appreciated by generations. These mineral-rich pools are known for their therapeutic properties, with benefits for both body and mind. Their unique composition, including elements like calcium, magnesium, and sulphate, is shown to reduce muscle tension, support skin health, and promote deep relaxation.

The warm thermal waters invite you to unwind, release stress, and absorb their revitalising effects. Whether you're seeking relief from physical discomfort, a soothing experience for your skin, or simply a sanctuary to relax, the thermal pools offer a natural, refreshing path to wellness. Here, you will find the perfect blend of tradition and modern comfort, with healing waters as a central part of your meditation journey.

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 connect, explore, and savour each moment of this transformative and energising journey.



As you relax more deeply, our first journey takes you to Priene, an ancient site nearby, rich in layers of creativity, wisdom and knowledge from ancestral past. In this inspiring setting, you'll feel a profound connection to the flow of artistic expression, philosophy, dance, worship, and literature that thrived here. In the stillness of Priene, you can attune to the wisdom of these practices and connect with the legacy of those who once gathered in this space, feeling echoes of their inspiration in the present. Many have experienced meaningful connections to their own past in this place, gaining insight into how today's experiences are woven with the threads of history, reminding us that we walk paths shaped by those before us.

Through this awareness, you will discover the power of conscious choice—illuminating how intentional decisions can shape a fulfilling and joyful life. By tapping into the creative energy that surrounds you, you open yourself to a life of purposeful creation, allowing your journey to unfold with greater ease, peace, enjoyment and happiness.

Our lives are intertwined within a vibrant field of creation, and connecting with it can awaken the full potential of your unique path. During our visit to this ancient site, we will support you in exploring this creative flow, helping you to cultivate a deeper, empowered connection to your life's journey.



Priene, like many ancient sites in Turkey, carries a rich and layered history shaped by countless eras. But what sets Priene apart is the powerful healing energy said to reside within its vortex—a resonance sparked by the philosopher Bias, who once called this city home. Bias infused Priene with art and culture, setting in motion a journey that still echoes today. His vision opened a pathway to the universal mind—a profound wellspring of wisdom that remains alive in Priene, waiting for you to uncover its mysteries and inspiration.

After our journey into the past, we return to the spa to set clear intentions for a vibrant and fulfilling future. Together, we will support each other in consciously creating lives filled with purpose and gratitude, deepening our daily experiences and aligning ourselves with an empowered, positive path forward.

We then prepare for a reflective, meditative, and energising visit to Ephesus. Here, we tune into the consciousness of the eternal beings who experienced life at this ancient site, connecting at key places such as the iconic Library of Celsus, which held the philosophies and wisdom of past eras, and the historic Church of the Mother Mary. Our exploration continues at the House of the Mother Mary, inviting a deeper introspection and connection with your soul's true essence. Through the enduring wisdom of St. Paul and the gentle presence of Mother Mary, you will find inspiration to embrace your divine nature, wherever you are on your path. Throughout this retreat, the focus remains within you. Through guided meditations, you'll be encouraged to recognise your intrinsic worth and nurture your well-being, fostering a lasting sense of inner peace and deep 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.



ARRIVAL DAY

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



RETREAT DAY 1 - PREPARATION GROUND, RELEASE & FOCUS



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

12:00pm – Prepare for an afternoon of spa relaxation.

1:00pm 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. 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 and expansiveness. .

3:00pm – Gather in the **yoga studio for a relaxed sharing session**, where you will have the opportunity to reflect, connect, and share insights with others in a supportive environment.

5:00pm – 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.



"Those seeking to build a more open channel with their higher self will find practices here that deepen the experience of inner knowing and connection to universal insight"



RETREAT DAY 2 - PREPARATION

EXPLORATION, INSPIRATION & FLOW

The itinerary for Day 2 is designed to blend moments of reflection and relaxation, exploration and inspiration, 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 have 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, inspiration and relaxation.

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

12:00pm Savour lunch in the **panoramic ocean-view restaurant**, where sweeping sea views elevate the dining experience.

2:00pm - Slip into relaxation with a **spa water meditation** focusing further on clarity of mind with mindful exercises.

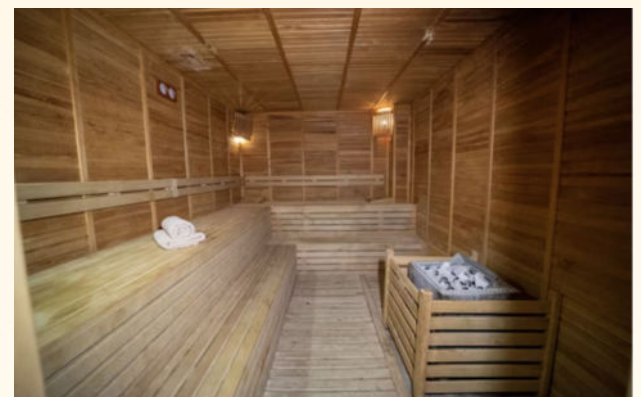
2:45pm - Get moving with a **fun, mindful & intuitive movement session** in the yoga room, freeing your body and mind for true Self expression.

4:00pm - 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, engaging heightened energetic connections.

5:00pm - 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.



"For those feeling overwhelmed by life's demands, the retreat offers a retreat from daily stresses, where you can reconnect with your own sense of calm, focus, and purpose."

"If you're longing to reconnect with a sense of inner wholeness or embrace self-acceptance, this retreat invites you to explore and welcome every aspect of yourself in a safe, compassionate space."

RETREAT DAY 3 - PREPARATION

DEEPENING CONNECTION IN 'BEING' WITH THE HIGHER MIND

Day 3 is designed to inspire deep connection and mindful exploration, blending moments of reflection, shared insights, and rejuvenation. Beginning with honest sharing and intention setting on the Mountain View Roof Terrace, you will ground yourself in a peaceful, supportive space. Through mindful practices, guided meditations, and enriching activities, the day invites you to release, explore, and align with the subtle energies that connect us. Each experience encourages you to surrender, connect, and embrace the profound insights awaiting you on this transformative journey.

8:00am - Energise yourself with a morning focus in the beautiful space that connects with trees and the Mountain Views in order to **share, reflect and clarify** your original intentions.

9:00am - Enjoy a delicious **breakfast by the pool** at the hotel's restaurant. With a range of fresh options, breakfast will fuel your body and mind for a day filled with exploration and inner discovery.

10:00am - Soul sharing practice with awareness techniques, powerful insights and mindful exercises embedded in gratitude and appreciation. .

12:00pm Savour lunch in the **panoramic ocean-view restaurant**, where sweeping sea views elevate the dining experience.

2:00pm - Liberate the mind in a **cold-water meditation** with focus upon surrender and allowing, engaging heightened energetic connections.

2:15pm - Enlighten the spirits with a 'Flow of Light' guided mediation in preparation for the next activity.

3:00pm - Explore the universal connections through an interactive fun and enlightening enquiry tuning into the subtle world of energy and the mental connections of thoughts.

5:00pm - 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 - Let this be a time to explore whatever calls to you



"If you're hoping to make peace with past experiences or find the courage to step into a new chapter, this retreat provides a sanctuary for healing and gentle transformation."

"If you're drawn to connect with a wisdom beyond intellect, this retreat encourages a journey inward, guiding you toward profound insights that may arise through an open, receptive mind."

"If you're looking to gain a clearer sense of your soul's purpose or receive insights from a place beyond the ordinary, this retreat creates a powerful environment to open and refine your inner channels."



RETREAT DAY 4 - EXPERIENCE THE VORTEX OF PRIENE EXPANSION, POWER AND MIND OPENING

Today is a journey of connection and inner discovery, set in the inspiring landscape of Priene. Beginning with open sharing and intention setting by the tall pillars, you will ground yourself in a peaceful space that invites mind-opening expansion and clarity. Throughout the day, we will explore practices that help you tune into the universal mind and align with the timeless healing energies that have drawn people to this place for centuries. From moments of quiet reflection to a channeled meditation, each experience is designed to deepen your connection to yourself and the world around you, opening the way for insights and a profound sense of power and wonder.

8:00am - Leaving on a midi bus to journey to Priene

8:45am - Channelling the consciousness of the universal past masters and explore your personal connection at the **iconic tall pillars of Priene**.

9:30am - Gather for a **picnic breakfast** amidst the serene surroundings of Priene, fueling your body and mind for a day of deep connection and exploration.

10:00am - Explore the site mindfully, feeling a sense of home and connection without expectations, allowing insights to arise naturally.

10:30am - For those who feel drawn, gather together for an **optional meet-up**, sharing reflections and experiences.

11:00 am - Join a **channeled guided meditation** to provide greater focus and direction for experience at the tall pillars, where you are invited to share questions and insights within a supportive circle.

12:30pm - Participate in a **water intentions ceremony**, sending healing energy and connection to the Earth and its waters, aligning with the spirit of unity.

12:45pm - Spend quiet time under the trees in **mindful reflection**. Embrace the present moment, practice deep listening, and allow peace to settle within.

1:00pm - Depart Priene for an **afternoon** in the coastal resort of **Kuşadası**, where you will have time to explore freely.

6:00pm - Gather for a return journey to the hotel by midi-bus, carrying the insights and energies of Priene into the evening.

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.

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



"If you've felt a nudge to explore your intuitive abilities, the retreat provides a safe and supportive space to develop these skills, giving you tools to navigate life with greater awareness and trust."

"For those ready to build trust in their own intuitive guidance, the retreat offers nurturing support to help you develop a more direct, communicative bond with higher consciousness."

"If you're longing to reconnect with a sense of inner wholeness or embrace self-acceptance, this retreat invites you to explore and welcome every aspect of yourself in a safe, compassionate space."

RETREAT DAY 5 - BEYOND TIME AND SPACE

EXPLORING SOUL JOURNEYS

Today's focus is on deepening your inner connection and expanding your understanding of time, space, and the journey of the soul in preparation for our visit to Ephesus. We begin with setting intentions as a group, grounding ourselves in a shared love of life and preparing for a day of focus and connection. Through reflective practices, group discussions, and thought-provoking media, you will explore the concepts of time and soul journeys, creating space for new insights and a profound sense of unity.

8:00am - Meet on the Roof Terrace to **define and energise your intentions** for the day, centring yourself and focusing your energy in preparation for the journey to Ephesus.

9:00am - Enjoy **breakfast** at the poolside restaurant. .

10:00am - In the yoga room, we immerse ourselves in deep awareness of, and connection with, our soul self. We will explore the profound journey of the soul through time and space.

12:00pm - Lunch Break in the panoramic sea view restaurant. Take time to **reflect, relax**, and prepare for the afternoon's session.

2:00pm - Return to the yoga room to continue our **exploration** of the soul's journey through **time and space**, deepening your understanding and connection to Truth.

5:00pm - **Conclude** the day's session, carrying forward the insights and energy of our collective exploration, taking the awareness of our soul journey with us to Ephesus. Here we will explore the etheric nature of Ephesus prior to our visit tomorrow.

7:00pm - Join us for a **relaxing evening meal** at the poolside restaurant.

9:00pm - **The evening is yours** to enjoy as you wish, offering time to rest, connect, or simply soak in the calm of the day.



"For those longing to connect with a deeper source of wisdom, our sessions are crafted to help you quiet the mind, so you can tune into the whispers of higher consciousness with clarity and ease."

"For those who feel called to bring more balance into their lives, the retreat offers a transformative experience to harmonise mind, body, and spirit, leaving you revitalised and aligned."



RETREAT DAY 6 - EPHESUS: ENTERING THE VORTEX OF CREATIVITY AND TIMELESS WISDOM

Today, we journey to Ephesus, where we will explore the vortex of creativity at this ancient city, known for its abundance and affluence. Here, in this vortex we will encourage our widening of the creative path we are developing and we will explore the depth and expanse of the eternal mind. Our experience begins at the Church of Mother Mary, where we will gather to attune ourselves to the essence of universal love and wisdom. Here, we will focus on being at one with the consciousness of Mother Mary, listening deeply and connecting with the inner divine nature that unites all beings and all things. Moving through various sites in Ephesus, this meditative journey is designed to open you to profound insights, nurturing a deeper understanding of the timeless wisdom embedded in this historic place.

This journey encourages a soulful expanded focus, guided by the wisdom of St. Paul and Mother Mary. Wherever you are in your personal journey, this experience invites you to look within and connect with the divine aspects of yourself. Throughout, guided meditations will encourage you to honour your intrinsic worth and well-being. Following this transformative journey, we will return to the spa hotel for a relaxed evening and a celebration of life.

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

9:00am - Arrival at the **Church of Mother Mary**. Gather to be at one with the consciousness of Mother Mary, attuning to the divine unity within and around us in a space of energetic connection.

10:30am - **Exploration of the city of Ephesus**, beholding synchronicity and divine order throughout the awe inspiring universal connections. Enjoy the miracle of life unfolding the veil at this wondrous city of angels.

12:30pm - **Picnic Lunch**.

3:30pm - **Visit to the House of Mother Mary**: Step into a space where belief, time, and presence converge, creating a heartfelt connection to life's divine nature. Engage in mindful practice to explore and understand the difference between human beliefs and the natural state of divinity.

5:15pm - Return to the **Hotel**. **Take time** to refresh after the day's exploration.

7:00pm - Enjoy a **relaxing evening meal** at the poolside restaurant. .

9:30pm - Close the day with a joyful **Celebration of Life** — reflecting, sharing laughter, and celebrating the journey.



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.

"For those curious about expanding their awareness and sensing subtle energies, this retreat offers guided experiences designed to amplify intuition and deepen connection with higher realms."

"If you wish to deepen your connection to the universe, nature, or your own spirit, this retreat provides practices to help you cultivate a profound sense of oneness and belonging."

"For those feeling overwhelmed by life's demands, the retreat offers a retreat from daily stresses, where you can reconnect with your own sense of calm, focus, and purpose."



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 - £1936 per person for a single occupancy room (20% deposit required to book) - reductions are available for room sharing, please enquire.*

The price includes all accommodation (discounts are available for shared rooms - please enquire), 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...

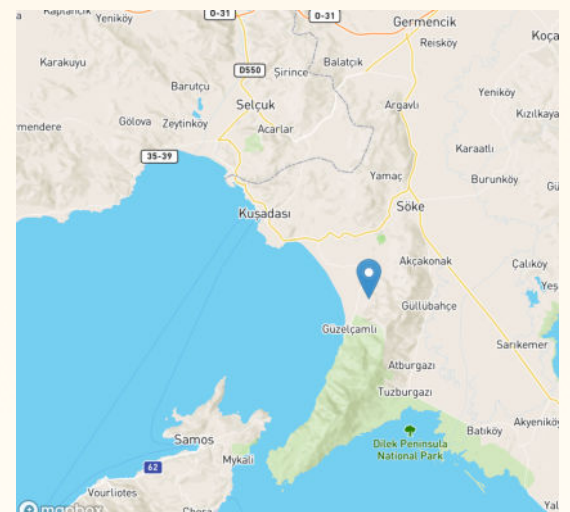
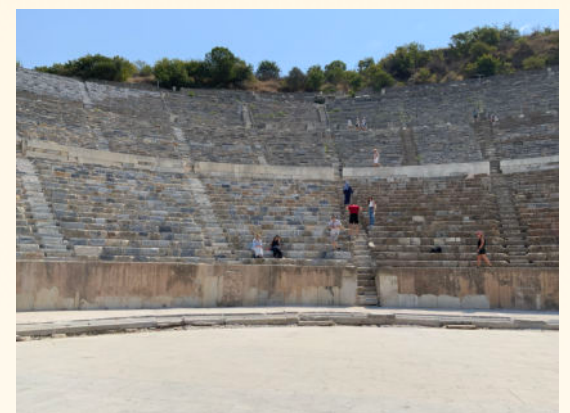
www.flypgs.com. www.turkishairlines.com

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.



www.DivineMind.Love
IAm@DivineMind.Love
DIVINE MIND LTD



Seven For Life
Thermal Spa Hotel,
Davutlar Güzelçamlı Yolu
no: 195, 09430
Kuşadası/Aydın, Türkiye



TIMELESS TRAVELS RETREATS

A JOURNEY OF SELF DISCOVERY

THE EPHESUS RETREAT-TÜRKIYE

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

