



Turkey: Nurses Unwound Retreat (UR) September 20th - 28th

14 Participants
Team Leaders
Nicole Johnson & Courtney Erwin

Overview

9 days, 8 nights in beautiful Turkey
3 nights in Istanbul
2 nights in Cappadocia
3 nights in Datca

Objective:

Learn and practice self-care modalities such as meditation, yoga, journaling, cold plunging as well as learn about Turkish and Islamic culture, earning up to 7-8 CE's

Detailed Itinerary

| Date | Destination | Description | Included Services |
|---------------------------|-------------|---|---|
| Day 1 9/20 Saturday | Istanbul | Istanbul International Airport Transport: Pick from airport to hotel **Pick up times depend on guests' arrival times <i>Plan to arrive during the afternoon or evening (departure on September 19)</i> 6:30pm: Meet in lobby to enjoy drinks and appetizers 7:00pm: Welcome dinner Introductions/ Itinerary/Activities/Expectation Setting/Retreat Expectations/ Cultural Considerations | Airport transfer Journals <u>Meals :</u> *Appetizers and drinks *Dinner |

| | | | |
|-------------------------|-----------------|---|---|
| Day 2 9/21 Sunday | Istanbul | <p>8:00am: Coffee & Breakfast</p> <p>10:00am: Walking Tour with Turkish Guide visit Historical Neighborhoods, Grand Bazaar, Spice Market including Turkish Delight Tasting, Galata Bridge</p> <p>Lunch: On your own</p> <p>Afternoon: Free for spa services/traditional hammam, relaxing, shopping</p> <p>6:30pm: Lecture with tea and cookies</p> <p>7:30pm: Dinner on your own (Unwound Retreats will offer recommendations)</p> | <p><u>Meals:</u> *Breakfast</p> <p>*Walking Tour + Guide</p> <p>*Turkish delight tasting</p> <p>*Tea and cookies</p> <p>*1 CE</p> |
| Day 3 9/22 Monday | Istanbul | <p>8:00am: Coffee & Breakfast</p> <p>10:00am: Walking Tour with Turkish Guide Hagia Sophia, Blue Mosque (free), Basilica Cisterns, Topkapi Palace (entrance fees to be paid by individual depending on their interest in visiting)</p> <p>Lunch: On your own</p> <p>Afternoon: Free for spa services/traditional hammam, relaxing, shopping</p> <p>6:30pm: Lecture with tea and cookies</p> <p>7:30pm: Dinner on your own (Unwound Retreats will offer recommendations)</p> | <p><u>Meals:</u> *Breakfast</p> <p>*Walking Tour + Guide</p> <p>*Tea and cookies</p> <p>*1 CE</p> |

| | | | |
|----------------------------|-------------------|--|--|
| Day 4 9/23 Tuesday | Cappadocia | 8:00am: Coffee & Breakfast 9:30am: Yoga at the Four Seasons (20 min walk) Lunch: On your own 1:00pm: Depart for airport 4:00pm: Flight to Cappadocia 7:00pm: Arrive to hotel and settle in 7:30pm: Group Dinner | <u>Meals:</u> *Breakfast *Dinner *Yoga *Ground Transportation to/from airports *Domestic flight to Cappadocia |
| Day 5 9/24 Wednesday | Cappadocia | 4:00am or 5:00 wake up for Balloon Ride **Self pay and booked in advance, sunrise 6:30am 7:30am: Cold Plunge (optional) 8:00: Coffee & Breakfast 10:00am: Underground Village and Hidden Churches (optional) (entrance fees to be paid by individual depending on their interest in visiting) Lunch: On your own Afternoon: Free for spa services, relaxing, walking around, shopping <i>Spa services available at hotel</i> 7:30pm: Turkish Nights Dinner Experience (optional) (self-pay depending on what experience you want: traditional Turkish music/dancing, Whirling Dervishes) | *Breakfast *Guide & Transportation to cultural sites (entrance fees not included) |

| | | | |
|---------------------------|--------------|--|--|
| Day 6 9/25 Thursday | Datca | 7:30am: Cold Plunge (optional) 8:00am: Coffee & Breakfast 9:00am: Lecture 10:30am: Depart for the airport 1:20pm: Flight to Dalaman (via Istanbul) 5:30 pm: Arrival and drive to Datca (~2.45 hours) 8:00pm: Arrive to hotel and settle in 8:30pm: Group dinner | *Breakfast *1 CE *Domestic Flight to Dalaman Airport *Ground Transportation to/from airports *Dinner |
| Day 7 9/26 Friday | Datca | 7:30am: Cold Plunge (optional) 8:00am: Yoga & Meditation 9:00am: Coffee & Breakfast 10:30am: Visit Knidos Ruins (4 hours) (entrance fee not included) <i>Grab lunch before driving back (self pay)</i> Afternoon: Free for spa services, relaxing, walking around, shopping <i>Spa services available at hotel</i> 6:30pm: Lecture with tea and cookies 7:30pm: Dinner on your own | *Yoga <u>Meals:</u> *Breakfast *Guide & Transportation to Knidos (entrance fee not included) *1 CE |

| | | | |
|---------------------------|--------------|---|---|
| Day 8 9/27 Saturday | Datca | 7:30am: Cold Plunge (optional) 8:00am: Yoga & Meditation 9:00am: Breakfast 11:00am: Boat Excursion + lunch (~3 hours) Afternoon: Free for spa services, relaxing, walking around, shopping <i>Spa services available at hotel</i> 7:00pm: Farewell Dinner (discussion over dinner) | *Yoga <u>Meals:</u> *Breakfast *Lunch *Dinner 1 CE |
| Day 9 9/28 Sunday | Datca | Coffee & Breakfast (early) Depart Hotel (2.45hour drive) Fly to Istanbul (early) <i>Book afternoon flights out of IST airport (no earlier than 2pm)</i> | <u>Meals:</u> *Breakfast *Transportation to airport *Domestic Flight to Istanbul Airport |

| <i>Included:</i> | <i>Not Included:</i> |
|--|---|
| <ul style="list-style-type: none"> ● Yoga for 3 sessions ● Meditation/Journaling ● 8 breakfasts ● 4 dinners ● 1 lunch ● Boat excursion ● Transport to/from all airports ● 3 domestic flights ● Welcome Bag ● Four-star accommodations ● Turkish guide at all locations ● 7-8 CEs | <ul style="list-style-type: none"> ● International airfare ● Travel insurance ● Spa services ● Some meals ● Alcohol ● Entrance fees to cultural sites ● Hot air balloon ride |

Nicole Johnson mobile - 206-948-0458