



Classes: ♥ Compassionate Communication ♥ Energy Medicine ♥ Five Body Yoga® ♥
♥ Mindfulness and Meditation ♥ Spiritual Psychology ♥ Ecstatic Dance ♥
♥ Restorative Yoga ♥ Loss and Grief ♥ Self-Expression, Acceptance ♥

When: Friday, February 16 - Sunday, February 18*

Where: [Lykia Edrassa](#) (click to visit website)
Adrasan 241. Sk. No: 24 Kumluca/Antalya

Cost: TUITION: YOU CHOOSE (from 2500 ₺ – 6000 ₺)
ROOM/MEALS: from 3357 ₺ (per person)

* Upon completion 26-hours will be applied toward TCR CERTIFICATION
(500+ hours: The Compassionate Revolution®, Five Body Yoga®, and Compassionate Community Retreat® training)

Schedule

Friday February 16

- 17:00-19:00 Arrive, light dinner, meet and greet
- 19:00-20:00 Working with Energy through Meditation (introduction and practice, part one)
- 20:00-21:00 Join the online "Meditation Family"
- 21:00-22:00 Setting our weekend Intentions by the Fire

Saturday February 17

- 09:00-11:00 full Turkish Breakfast
- 11:00-12:00 Compassionate Communication (introduction and practice)
- 12:00-14:00 Five-Body Yoga® class (connecting the physical, mental, emotional, energetic, spiritual bodies)
- 14:00-15:00 Mindfulness and Meditation (introduction and practice, part two)
- 15:00-16:00 light lunch
- 16:00-18:00 Psychosynthesis: a spiritual psychology (introduction and practice)
- 18:00-19:00 Ecstatic Dance (introduction and practice)
- 19:00-20:00 light dinner
- 20:00-21:00 Restorative Yoga
- 21:00-22:00 Cleansing by the Fire

Sunday February 18

- 09:00-10:00 full Turkish Breakfast
- 10:00-11:00 Mindfulness Meditation (introduction and practice, part three)
- 11:00-12:00 Five-Body Yoga® class
- 12:00-13:00 Compassionate Grief and Grieving (introduction and practice)
- 13:00-15:00 Self-Expression/Acceptance/Love (through movement, art, writing, sharing)
- 15:00-17:00 light lunch and Closing

Accommodation and Meals:

Your Retreat accommodation includes two nights (Friday and Saturday) at the Lykia Edrassa hotel and Retreat Center, in beautiful Adrasan. If you would like to book your stay for longer, please contact [Lykia Edrassa](#) directly. Your Retreat accommodation includes a full Turkish Breakfast on both Saturday and Sunday, and light meals for Friday's dinner, Saturday's lunch, Saturday's dinner, and Sunday's lunch. *Light* meals will be served to allow full participation in Retreat activities. Additional meals will be available for an additional cost.

What to Bring: Comfortable clothes to move in; Warm clothes for sitting around the outdoor fire; a notebook or journal for writing and drawing; your favorite writing and drawing supplies (pens, markers, etc.)

FOR MORE INFORMATION:

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