



Turkey  
2025



## ● Introduction

I'm excited to announce our Autumn 2025 Fitness and Wellness Retreats in Turkey!

Originally created by Kate Marriott 12 years ago as health and detox retreats, we've now added more focus on fitness to help with the full body reset!

Whether you're aiming to reset your fitness goals, lose weight, boost your energy, or simply take time for yourself, this retreat is designed for you. When it's time to go home, I promise you'll feel renewed, recharged, and revitalised!



## ● Location

Our hotel is right on the edge of the turquoise Aegean Sea, with its own private beach and a focus on wellness.

Comfort and relaxation are at the heart of a successful retreat, and you'll experience both in our well appointed rooms, each with breathtaking views and spacious balconies.

The facilities are great. Enjoy the fantastic spa, private beach with sea pontoon, large outdoor pool and jacuzzi, and three indoor pools. Plus, with a full schedule of fitness classes, there's always something to keep you active and engaged.





## ● The programme

I've designed a programme of classes that includes HIIT, strength training, circuits, abs/core, and stretching. Our workouts will focus on the entire body—upper, lower, and full—using resistance and bodyweight exercises.

The goal is to help you feel fitter, stronger, and healthier.

In addition to fitness, we've also included yoga, Pilates, and nature walks. And of course, there's the famous shopping trip to Bodrum!

The hotel offers fantastic facilities, including two tennis courts, a fully equipped gym with two Reformer machines and a cushioned walking track. We also encourage a daily swim in the magnesium-rich sea, which will help you relax and sleep better.

There's no pressure to join every activity - you might prefer to take a swim or lie by the sea with a good book. The only thing we ask is that you don't skip any meals or juices, as the schedule is carefully planned to keep your energy up and prevent dips in blood sugar.



## ● A typical day

- 08.00 - HIIT
- 09.30 - Circuits
- 10.30 - Yoga
- 12.00 - Pilates
- 15.00 - Aquagym
- 17.30 - Core/Abs
- 18.00 - Full body stretch



## ● Diet Options

Throughout the day, you can choose between our nutritious organic raw food and juice plan, or opt for the juice-only plan. For those taking more exercise, we offer the option of a low-calorie, high-protein supper in the evening to support recovery.



## ● Information

### ● Dates

**Sunday 28th September - Friday 3rd October**

6 night option available from September 28th - please ask for details.

### ● Price

**£1,600 for 5 nights** including group transfers on selected flights. The price includes food, juices, supplements, classes, group transfers and a 1-1 fitness consultation with me.

**£350** deposit on booking with the balance to be paid 8 weeks prior to departure.

Flights are at your own expense.

### ● Flights: EasyJet

**Not released yet.**

British Airways also offers flights from Heathrow to Bodrum on select days.

**For more information please contact me on:**  
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