

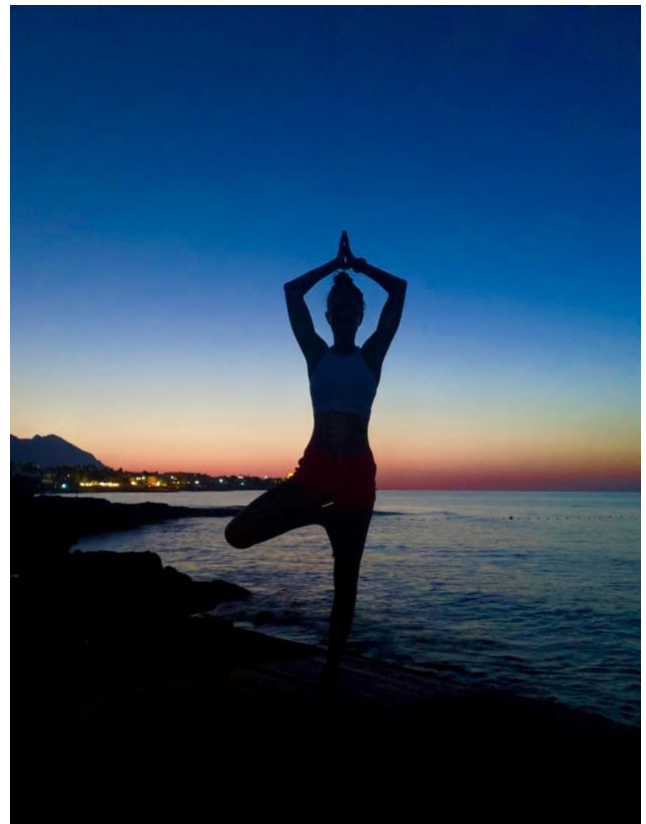
North Cyprus Yoga & Pilates Holiday

5th-12th September 2026

£1400 p/p*

*Based on 2 people sharing a standard double/twin room with private bathroom (single room and upgrade options available).

Pay deposit



Close your eyes and take a deep breath...Can you hear the waves of the Mediterranean and smell the sea? How about the morning and evening sun kissing your skin or the warm sand under your feet? Now exhale and join me for a holiday filled with Yoga, Pilates, Meditation, sun, and fun in Northern Cyprus.

The retreat will be held at the family run, rustic, green, tranquil, peaceful, beautiful Riviera Beach Bungalows. You can choose to share your room with another yogi/yogini, stay on your own or upgrade to a superior room. You will have the opportunity to practice your morning/evening yoga by the beach, or at the excursions arranged by Side Tour.

September weather in Northern Cyprus is relatively cooler than peak summer but still warm enough to enjoy a late summer holiday. The average temperature during the day is 30°C, evening 22°C, and the sea 26°C, with a 10-hour uninterrupted sunshine daily.

Optional Extras:

- Scuba Diving Paragliding
- Mountain Safari
- Nicosia/Famagusta tours
- Local 'Meyhane' dinner
- Massages
- Boat Tour

Reserve now

Prices are inclusive of:

- 7-night accommodation at Riviera Beach Bungalows (5-night option available).
- Daily 1 hour Yoga and/or Meditation and 1 hour Pilates sessions with Suzan Altay (either at the Riviera or at sightseeing destinations by the beach/mountains/boat).
- 3 days Half Board (breakfast & dinner), 3 days Full Board (breakfast, lunch & dinner), 1 day dinner, 1 day breakfast.
- Excursion transfers and tour guides.
- Antiphonitis and Buffavento Castle tour.
- Kantara Castle and Incirli Cave tour.
- Karpaz Peninsula tour.

Prices are exclusive of:

- Flights
- Private Airport Transfers:
Ercan Airport-hotel transfer, £70 o/w
Larnaca Airport-hotel transfer, £100 o/w
Paphos Airport-hotel transfer, £170 o/w
- Room supplements:
Single Supplement in a standard room: £190 p/w
Single Hotel Room, Sea View upgrade: £240 p/w
Double Hotel Room, Sea View upgrade: £70 p/w
- Extra nights at the hotel (HB):
Double Standard Room: £65 p/p (single room supplement +£30)
Double Hotel Room, Sea View: £70 p/p (single room supplement +£35)

Itinerary:

- **Day 1, Saturday 5th September 2026:** (2 hours yoga/Pilates/meditation and dinner included) Transfer from airport to Riviera Beach Bungalows. 14:00 Check-in to the hotel. Free evening.
- **Day 2, Sunday 6th September 2026:** (2 hours yoga/Pilates/meditation and breakfast & dinner included) Free day & evening.
- **Day 3, Monday 7th September 2026:** (2 hours yoga/Pilates/meditation and breakfast, lunch & dinner included) Day trip to Karpaz Peninsula. Driving along the northern coastal road to the far end of the peninsula we'll have a coffee break at Island of Beach, lunch at Oasis Restaurant and head to the bluest Ayfalon Beach for some free time to swim, relax and do sunset Yoga/Pilates/Meditation. After sunset will head back to Kyrenia. Free evening.
- **Day 4, Tuesday 8th September 2026:** (2 hours yoga/Pilates/meditation and breakfast & dinner included) Free day & evening.
- **Day 5, Wednesday 9th September 2026:** (2 hours yoga/Pilates/meditation and breakfast, lunch & dinner included). Experience the ultimate mountain escape as we journey into the heart of the Five Finger Mountains, where the scent of pine and crisp, oxygen-rich air sets the stage for a day of discovery. Our adventure begins at the 12th-century Church of Antiphonitis, a hidden architectural marvel built over a natural spring and the only surviving example of its kind in Cyprus. Here, amidst ancient pillars and panoramic views of the Mediterranean and distant Anatolia, we will find our center with a soul-soothing yoga session inside the historic sanctuary. This sacred space offers a rare atmosphere of tranquility, allowing you to breathe deeply and connect with the island's spiritual past. After recharging with a traditional local lunch, we'll conquer the heights of Buffavento Castle, the legendary "Defier of Winds." Perched 955 meters above sea level, this former Byzantine watchtower offers a rewarding climb that unveils the island's most spectacular 360-degree views, stretching from the Kyrenia coastline all the way to the Troodos peaks. You will stand where ancient guards once watched for raiders, marveling at how such a monument was built on these jagged cliffs. We'll cap off this unforgettable day by watching a magnificent sunset paint the foothills in gold before descending back to the hotel. Free evening.
- **Day 6, Thursday 10th September 2026:** (2 hours yoga/Pilates/meditation and breakfast & dinner included) Free day & evening.
- **Day 7, Friday 11th September 2026:** (2 hours yoga/Pilates/meditation and breakfast, lunch & dinner included) After breakfast at the hotel, we set off along the shimmering coastal road of Kyrenia, winding our way toward the eastern heights of the mountain range. Our first destination is the majestic Kantara Castle, the final guardian in the island's ancient northern defensive line. As you wander through its medieval ruins, you'll feel transported back to an era of knights and crusaders, but it is the summit that truly steals the show. From the top, you are treated to a breathtaking 360-degree panorama of both the northern and southern shores. In this serene, high-altitude setting, we will enjoy a transformative yoga session and a leisurely picnic, allowing you to soak in the atmosphere and the endless horizon at your own pace. From the heights of the peaks, our journey dives deep into the earth to explore the hidden wonders of Incirli Cave. This 200,000-year-old subterranean masterpiece, tucked away behind a modest entrance, reveals a glittering gallery of white gypsum formations, stalactites, and stalagmites in a stunning array of shapes and sizes. Walking through these cool, frosted chambers feels like stepping into a natural cathedral, offering a fascinating contrast to the sun-drenched ruins above. After uncovering the secrets of this ancient underground world, we will make our peaceful drive back to Kyrenia, having experienced the very best of Cyprus from its highest towers to its deepest heart. Free evening.
- **Day 8, Saturday 12th September 2026:** (2 hours yoga/Pilates/meditation and breakfast included) 12:00 Check-out from the hotel. Transfer from Riviera Beach Bungalows to the airport.

LearnYogaLondon 5th – 12th September 2026 Yoga & Pilates Holiday Terms and Conditions:

1. Deposit and Payment

1.1 A non-refundable, non-transferable deposit of **40%** of the total retreat price is required at the time of booking for each participant.

1.2 The remaining balance must be paid no later than **4 weeks prior to the retreat start date**.

1.3 Bookings made within **4 weeks** of the retreat start date must be paid in full at the time of booking.

1.4 If the deposit or final balance is not received by the stated deadline, LearnYogaLondon reserves the right to cancel the reservation and retain the deposit.

2. Cancellation by the Participant

2.1 The deposit is strictly non-refundable.

2.2 In the event of cancellation by the participant, the following refund schedule applies (excluding the deposit):

- Cancellation **0–2 weeks** before arrival: **0% refund**
- Cancellation **2–4 weeks** before arrival: **25% refund**
- Cancellation **4–8 weeks** before arrival: **50% refund**
- Cancellation **more than 8 weeks** before arrival: **100% refund**

3. Payment Currency and Bank Charges

3.1 All payments must be made in **GBP (Great British Pounds)**.

3.2 Participants are responsible for all transfer fees, including intermediary bank charges.

3.3 It is the participant's responsibility to ensure that payments are sent in GBP. If funds are received in another currency, the participant will be liable for any exchange-rate differences or shortfalls.

4. Cancellation by LearnYogaLondon

4.1 In the unlikely event that LearnYogaLondon must cancel the retreat due to teacher unavailability, failure to meet the minimum required number of **5 participants**, or reasons beyond our control, the full amount paid by the participant will be refunded.

4.2 LearnYogaLondon is not responsible for any additional costs incurred by participants (e.g., flights, insurance, visas).

5. Participant Responsibilities

5.1 Participants must review their booking confirmation and ensure that all personal details are correct.

5.2 Participants are responsible for ensuring they have valid travel documentation, including passports and visas, and that they comply with the entry requirements for Cyprus.

(<http://mfa.gov.ct.tr/consular-info/visa-regulations/>, <https://mfa.gov.cy/visa-information.html>,

<https://www.gov.uk/foreign-travel-advice/cyprus/entry-requirements>).

6. Health, Safety & Fitness

6.1 Participants must comply with all health and safety guidelines provided by LearnYogaLondon.

6.2 It is the participant's responsibility to ensure they are medically and physically fit to take part in yoga, Pilates, walking activities, and any other retreat sessions.

6.3 Participants with injuries or health concerns should seek medical advice prior to attending the retreat.

6.4 LearnYogaLondon is not liable for injuries that occur as a result of participation in activities. Participants must stop exercising immediately if they feel unwell or experience pain and inform the instructor of any pre-existing conditions.

7. Personal Belongings

7.1 LearnYogaLondon cannot accept responsibility for loss, theft, or damage to participants' personal belongings or valuables.

8. Force Majeure

8.1 LearnYogaLondon is not liable for delays, disruptions, or non-performance caused by circumstances beyond its reasonable control, including (but not limited to):

natural disasters, acts of God, war, civil unrest, epidemics or pandemics, airline or supplier insolvency, strikes, flight cancellations or changes, government restrictions, travel bans, or third-party failures.

9. Travel and Medical Insurance

9.1 Participants are strongly advised to obtain adequate travel, cancellation, and medical insurance for the full duration of the trip. Insurance should cover retreat activities, flights, illness, and unforeseen cancellations.

