



Vitalica Wellness

YOGA CAMP

21 - 23 March

You are invited to a yoga camp where nature meets with the blue and green tones, where you will revitalise your soul and body! Vitalica Wellness offers a unique atmosphere where inner peace, vitality, positivity, tolerance and happiness combine with an inner adventure.

Le **MERIDIEN**
BODRUM BEACH RESORT

About Vitalica Wellness

[Vitalica Wellness Video](#)

An environment prepared for you to relax, unwind and spare time for yourself... Programs inspired by the magical atmosphere of Bodrum, where your health, vitality, tranquility and happiness predominate with one of the highest oxygen levels in the world and in Turkey. A world where you meet yourself as well as tools to manage your health. Vitalica Wellness only offers treatments and practices that have been scientifically proven to be beneficial for health!



PROGRAM CONTENT

21 March - Friday

Hotel Check-In

11:30 Welcome- Dr. Burak Ozme,
Dr. Suyash and Wellness Ekibi

12:00 Opening Circle

12:30 Vitalica Wellness Talk

13:00 Singing Bowls Session

14:00 Lunch

15:00 Your Body Time

17:00 Hatha Yoga

19:00 Dinner Time

21:00 Breathing & Meditation Session

22 March - Saturday

08:15 Morning Walk

09:30 Balancing & Stretching Workshop

11:00 Breakfast

12:30 Mandala Art Session

14:00 Mindful Lunch by Dr.Suyash

15:00 Your Body Time

17:00 Vinyasa Flow

19:00 Dinner Time

20:00 Moon Meditation / Movie Night

23 March - Sunday

08:15 Morning Walk

09:30 Restorative Yoga

11:00 Breakfast

12:30 Holi Festival Celebration

In our Vitalica Wellness Yoga Camp, which will be accompanied by all the colours of nature, we invite you to get away from the hustle and bustle of ordinary life and discover inner peace and health. Vitalica Wellness Yoga Camp offers a unique experience that will help you capture the most precious moments of life when we come together.

Our experienced yoga instructors will present you with sessions suitable for the levels of both those who meet yoga philosophy for the first time and those who have already passed through yoga. You will be revitalised from the inside out with healthy and delicious recipes that will nourish your soul while not forgetting your body. Remember that yoga supports not only physical but also mental and emotional healing. You will feel more get to know yourself well and discover your inner potential.



[Vitalica Wellness Video](#)



