

YERDEN GÖĞE · BEDENDEN RUHA
EARTH TO SKY · BODY TO SOUL

3. SEMA İNZİVASI 3. SUFI WHIRLING RETREAT

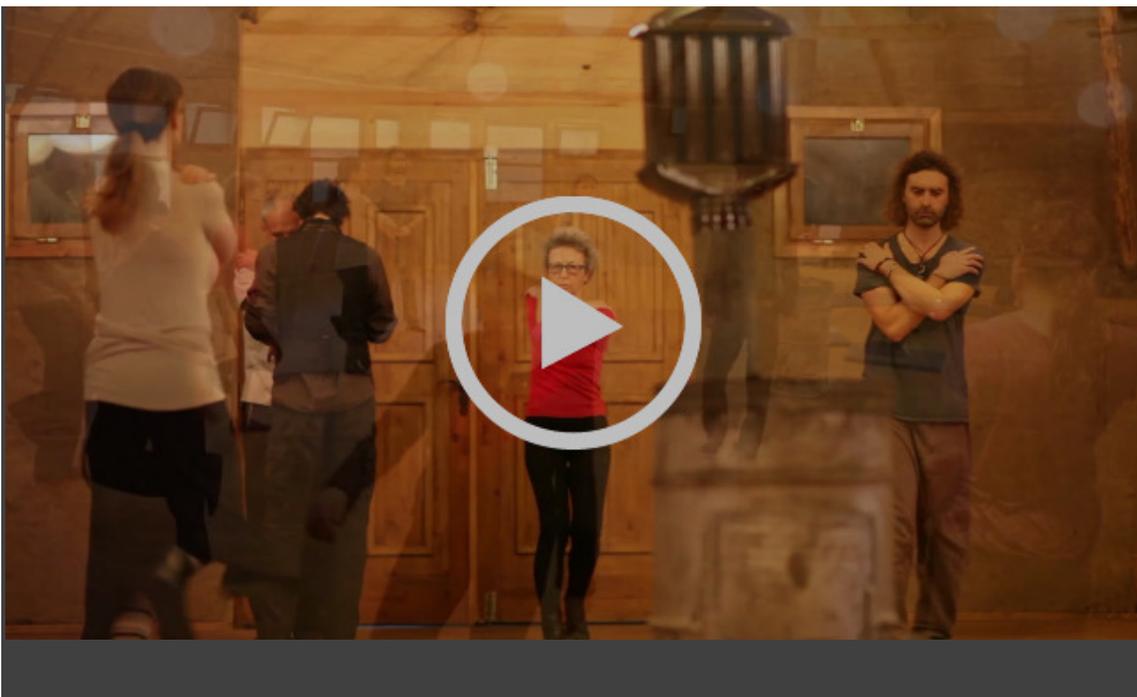
31 EKİM-4 KASIM 2018 31 OCTOBER-4 NOVEMBER 2018



KERPIÇ EVLER FETHİYE TURKEY

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3. Whirling Retreat



In this journey, we will explore the depths of sema (whirling) through an

After this awareness sessions held in the morning, having found our balance,

awareness of the body and the soul.

This exploration will include investigating sema in the body, sema in the music and sema in the soul.

In the first part of our daily sessions which will start in the body and on the earth, we will be observing our balance, our inner center points and the functions of turning with Senem Gürez who is a massage and body awareness therapist. These sessions will be accompanied by Selçuk Gürez playing the Ney (Turkish reed flute).

we will be moving from the earth towards the sky, from the body to the soul during the second part of our daily sessions. Here we will be exploring the classical way of whirling put forth by the Mevlevi Sufi Order with the Mevlevi dervish Selçuk Gürez.

In addition to our daily body awareness and whirling explorations, there will be live classical Turkish music for 3 nights providing our attendees an opportunity to experience whirling accompanied by live music.



Senem Gürez

She has started her body awareness journey with the deep tissue and trigger point massage lessons which she took from Tattiana Rottenberg in 2005. after getting her massage therapist license in 2008 she met Betül İpekçioğlu, a Feldenkrais and body awareness therapist who has been inspiring her since then. She attended her feldenkrais workshops and trigger point lessons.

Wanting to deepen in body awareness and to create a newer field where people can explore their own awarenesses she enrolled in the Bones for life program (www.bonesforlife.com)

With the inspiration of this education which is still continuing she started organizing **'Earth to Sky / Body to Soul'** retreats with her husband Selçuk Gürez.

in addition she is still giving personal therapies to children and adults in various organizations and places.



Selçuk Gürez

He started his sufi journey in 1988 learning to play the ney with Halil İbrahim Yunga. He started whirling with his Mevlevi sheikh Nail Kesova and too Classical Turkish Music lessons from the famous music master Kani Karaca.

since then he had had the opportunity to work with many sheiks and music masters.

He has been a member of the International Galata Mevlevi and Music Ensemble since 1990. having taken part in many international festivals and workshops as a director, chief ney (turkish reed flute) and kudüm (a rithm instrument used in turkish classical music) player. and also as a singer in the Mevlevi order ceremonies.

In addition to teaching how to whirl, he has been making turkish reed flute in his workshop and teaching how to play it since 1995.

The musician has taken part in over 150 international festivals and education seminars throughout the whole world.

While he is still an active member of the Galata Mevlevi and Sema Ensemble he is also organizing retreats and workshops under the name of Sufihouse.

(www.sufihouse.com)



We will make music together

We will have circles where we will talk about whirling, body awareness and music



We will have delicious Turkish cuisine at Kerpiç Evler

[Kerpiç Evler info](#)



According to the participants wishes we will go on a boat trip in one of the most beautiful regions in the mediterranean or relax in the Köyceğiz hot springs



Daily Program

31.10.2018

13.00 Lunch

16.00 Meeting Circle

19.30 Dinner

1.11.2018

- 09.00 Breakfast
- 10.30-12.30 Micro Movements
- 13.00 **Öğlen** Lunch
- 16.00-17.00 Whirling
- 17.00-17.30 Snack time
- 17.30-18.30 Whirling
- 19.30 Dinner
- 21.00 **Meşk** Live music and Meshk

2.11.2018

- 09.00 Breakfast
- 10.30-12.30 Micro Movements
- 13.00 Lunch
- 16.00-17.00 Whirling
- 17.00-17.30 Snack time
- 17.30-18.30 Whirling
- 19.30 Dinner
- 21.00 Live music and Meshk

3.11.2018

- 09.00 Breakfast
- 10.30-12.30 Micro Movements
- 13.00 Lunch
- 16.00-17.00 Whirling
- 17.00-17.30 Snack time
- 17.30-18.30 Whirling
- 19.30 Dinner
- 21.00 Live music and Meshk

4.11.2018

09.00 Breakfast

11.00 Closing circle

(We can go on a boat trip or visit the hot springs according to the wishes of the participants. **This trip is not included in the price**)

400 Euro / pp

Early reservation discount

Until 1 october 2018

380 Euro/pp

Inclusive

- All trainings
- 4 nights full board accommodation
- 5 o'clock snacks & tea
- limitless tea

Not inclusive

- Transportation
- Boat or hot springs trip

- Enrollement fee is 200 Euro

***This retreat will take place with minimum 10 attendees. If the retreat is cancelled your administration fees will be returned.**



<http://www.sufihouse.com>

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info@sufihouse.com

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