

**Tour Name:**

**10 Days Eco-Yoga Retreat in Iran**

<b>Tour code:</b> OT2410004	<b>Tour Duration:</b> 10 Days and 09 Nights
<b>Tour Category:</b> In-depth	<b>Tour Difficulty:</b> 2/5 <b>Skill Level:</b> Beginner & Intermediate
<b>Tour Tags:</b> Yoga Tour	<b>Tour Best Date:</b> Autumn, Summer, and Spring
<b>Tour Services Type:</b> Bronze (economy)	<b>Tour Destinations:</b> Tehran/Ardabil
<b>Min Age:</b> +12	<b>Max Group Size:</b> 2-20

**Overview:**

With all the pressures that we are tolerating in our daily life, the best thing to do is giving ourselves a pause. So, you can face your inner self which is deep inside you, but never has time to manifest. Maybe it is the time to go back to yourself to realize who you are. So, we are going to dive into nature where we came from.

In this eco-yoga retreat, you have this opportunity to just be yourself. Our Yoga retreat tour takes place in amazing mountain villages of Ardabil province in the north-west of Iran. It is home to the country's third-highest mountain, Sabalan, with 15,784 ft height. This mountain has a permanent crater lake at its peak.

We will settle in beau-ideal spots of Sabalan where is as peaceful and quiet as we need for our spectacular holiday. At Durna eco-camp, we will be surprised by a picturesque and panoramic view of Sabalan peak. We will surround by the majesty of nature at Kazaj village and also will astonish by flowering meadows and clean mountain air. This breathtaking scene provides the perfect setting for energizing hikes and an unforgettable yoga retreat. Breathe in the fresh air and relax in the spectacular surroundings.

**Highlights:**

- The perfect setting to get back to nature and fall in love with looking after yourself: body, mind, and soul
- Daily yoga in a spectacular space
- Sunset poetry picnics
- Hydrotherapy in the mineral spa
- Taste local cuisine
- Eco-friendly traveling

**Tour Map:**



## Tour Itinerary:

### Day 1

#### Landing to PERSIA

Welcome to Iran at IKA airport and Our guide will meet you at the airport. He/She transfer you to the hotel for the rest. In the afternoon, we have Tehran Sightseeing Tour.

O/N Tehran

### Day 2

#### Explore Kazaj Historical Village

Transfer to Mehrabad airport for an hour domestic flight to **Ardabil**, then we move **Kajaz Village** to stay there for 4 days. After arriving to Kajaz, while exploring the Historical village of Kajaz, we have local food for lunch. Then we stroll through the garden to arrive to the river. Then we have our **evening Yoga**.

O/N Kazaj

### Day 3

#### A Day with Mountain Village Dwellers

We start our day by having an early **morning Yoga**, then after Yoga, we'll have breakfast. Today we have our **cooking class** with a local chef and taste the dishes you will be making. Our chefs show you how to make Iranian food while you enjoy the cool breeze and peaceful setting. In the evening we will have our **evening Yoga** and after that we have a lecture regarding Yoga.

O/N Kazaj

### Day 4

#### Yoga Retreat around the Lake

On the day 4, we will have our early **morning Yoga**, and then breakfast. The first place to visit is the **Pir Taghi Suspension Bridge**. Then we drive to **Ne'or lake** where it has an amazingly spectacular nature. We do our daily meditation and yoga around the lake. After Yoga, we drive back to Kazaj for dinner.

O/N Kazaj

### Day 5

#### Sightseeing in Ardabil

Today after our early morning Yoga and having breakfast, we leave Kazaj to visit Ardabil. In Ardabil, we visit a World Heritage Site, **Sheikh Safi al-din Khānegāh** and **Shrine Ensemble**, and **Old Bazaar**. Then in the evening, we move to Durna Eco-camp to stay there for a few days.

**O/N Durna Eco-camp**

### Day 6

#### Hydrotherapy and Relaxation

Today after an early **morning yoga** and having breakfast, we explore around the camp. We use **mineral spa** for Hydrotherapy and Relaxation. Then in the evening, we have our **evening Yoga**. And after having dinner, set in the darkest skies in the slopes of the Sabalan Mountains for stargazing.

**O/N Durna eco-camp**

### Day 7

#### Relaxing in Nature

Today, an early wake-up gives us the chance to see and experience rising of the sun. After experiencing that, we have breakfast and then explore the foothills of Sabalan Mountain. Being in the mountains, give us a great chance to try local dairy products tasting and try the different taste of honey. You'll be amazed by the difference.

**Option:** You can join a half day trip to hike to the beautiful and stunning peak of Sabalan mountains

**O/N Durna eco-camp**

### Day 8

#### Be Free

Today is your off-day and you are free to have your own unique experience in the beautiful nature surrounding you!

**O/N Durna eco-camp**

### Day 9

#### Ardabil to Tehran

Today is our last day of having the early morning Yoga. After doing it and experiencing this peaceful activity, we have breakfast. Then we leave the eco-camp for Ardabil airport for the departure flight to Tehran. After arriving to Tehran and checking into the hotel, we will visit places like **Tabiat bridge** and if we have time, **Sa'dabad Complex**.

**O/N Tehran**

### Day 10

#### Missing Persia

We will provide a group transfer hotel to IKA airport for departure flight.

#### Note:

- The priority in sightseeing may be changed. It is due to the time of your arrival, your guide's discretion, and official and unofficial holidays of some museums. Also, some activities in the itinerary may be changed depending on the weather conditions.
- Hotel check-in time generally is at 2:00 PM. According to your arrival time, if you need an early check-in you must book an extra day.
- Private or single rooms are not available in some traditional local or guest houses. And also, in these places, sleeping equipment is traditional, comfortable Mattresses and Blankets. No Bed!
- The number of meals depending on your arrival and departure time may be changed.
- If you have special dietary requirements it's a good idea to communicate it to the organizer when making a reservation.
- Tasty, fresh vegetarian food will be served 3 times a day.
- We will have plenty of vegetarian options, but this tour will be challenging for those practicing a strict vegan diet.

#### What to Bring

- ✓ An open heart and an open mind
- ✓ Yoga clothes
- ✓ Warm clothes – it may get chilly at night or early morning
- ✓ Comfortable shoes to hike in are an important item
- ✓ If you would like to join mountain tour, you need hiking packing lists such as: warm outdoor clothing, waterproof jacket, and pants, sturdy hiking boots, headwear and gloves.

#### Services Included:

- 9 Nights Hotel or Local House Accommodation
- Professional licensed guides and drivers

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- All Transfers and Transportation
  - Food Meals: Full-Board
  - Entrance Fees
  - Refreshment (2 bottles of water/ fruits/ snacks per day)
  - Visa authorization code processing fee
  - Daily Yoga Classes
  - A Photographer to Capture Retreat
  - Daily Pranayama Sessions
  - Cooking Class
  - Activities include Mountain hiking, River chasing, City excursions, and many more!

**Services Not Included:**

- International flights
  - Visa stamp/ label fee
  - Travel insurance
  - Tips to local guides and drivers
  - Optional Activities
  - Any Private Expenses
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