



Peace, Beauty, Hos

Yogi Dr Malik discovers a secluded, sensational and seductive yoga retreat at the beautiful, stunning Atami Hotel and meets the lovely Oztaylan family, the charismatic Matt Gluck and Dorna Djenab.

Turkey is a fabulous destination for yoga and meditation retreats. Recently we covered yoga in Turkey, and in this issue we visit Turkey again, but this time found a wonderful Yoga retreat, the Atami Hotel. It boasts yoga holidays and yoga retreats in a secluded but spectacular location in Paradise Bay in Bodrum. Its sensational setting is an inspiration for anyone who visits. The Oztaylan family not only keep the hotel looking impeccable but also serve up delicious cuisine, and the meals are served on the terrace with a gorgeous view of Paradise Bay. Because of the family's own guests stay at the

Atami Hotel which retains a special family charm in its service. It's owned and run by a Japanese-Turkish family, the Oztaylans.

The hotel itself is located a moment's throw from the seaside, ensuring plenty of fresh air and peaceful and tranquil views. The sea is a heavenly sight stretching for miles, and sometimes it appears a sparkling turquoise colour, and other times the blue and emerald hues shine through. The sun melts into the sea creating an almost auric and ethereal scene, and the peacefulness of the surroundings is only awoken with the distant sound of birds.

Something For Everyone

The Atami Hotel not only hosts yoga holidays but also a variety of other activities – for example The Bay is an ideal location for watersports including canoeing, windsurfing and sailing.

If you prefer to relax you can always hop onto the hotel's floating marina and enjoy the stunning scenery and calming vibes. You can also make appointments at the hotel with massage therapists to help you soothe away aches and pains and invigorate the body's organs. Trekking and walking around the small hill surrounding the Bay are also other desirable pursuits that put you close to nature.

The Atami Hotel is the venue used by many international yoga teachers to host different styles of yoga classes and workshops for students of all abilities. You can choose from a range of programmes on offer throughout the year ranging from



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lyengar yoga with Ann Reiley, Anusara yoga with Claire Murphy, Jivamukti with Emma Henry and Energy yoga with Fiona Agombar or learn under the instruction of Melek Mjaanes. On this occasion I had the pleasure of being part of Matt Gluck and Dorna Djenab's yoga retreat week.

Matt is an excellent teacher, full of energy, life and a real zest for living, while Dorna complements Matt with her larger-than-life humour and creativity. Both Matt and Dorna began practising yoga in their childhoods. Matt is now a British Wheel of Yoga and Life Centre qualified teacher and has been teaching hatha yoga now for 12 years, and teaching Chinese martial arts for over 20 years. Additionally Matt provides mentoring to other teachers at the Life Centre in the United Kingdom. His partner, Dorna, also qualified as a yoga teacher with the British Wheel of Yoga.

It was a lovely and enjoyable yoga retreat and I left feeling upbeat, refreshed and confident in the knowledge that I had spend a memorable trip with two truly interesting and talented experts in yoga.

Their practice focuses on breath awareness with focus on classical asanas, using vinyasa krama (sequencing). Their philosophy is based upon Advaita Vedanta and Taoism encouraging self introspection, relaxation and inspiration. A combination of exercises are taught and practiced including kriyas, pranayama, meditation and yoga nidra, to name a few. Intermixed with the primary Hatha Yoga techniques are methods transplanted from Taoist and Buddhist practices as well as Kundalini, Bhakti, Raja and Jnana yoga.

A Unique Retreat

The place is absolutely unique, and for anyone wishing to taste good home-cooked food will love the cuisine on offer which ranges from Turkish to Japanese. The hospitality was impeccable at the hotel, and what made the experience even more enjoyable was the welcoming nature of the people of the nearby village, who were so welcoming in a truly Turkish fashion. I thoroughly enjoyed soaking in the culture and history of Bodrum as well as mixing with the villagers. The natural world is an excellent source of strength for anyone who is feeling under-replenished or wanting to charge themselves up with energy.

For more information on the Atami Hotel and yoga retreats visit www.atamihotel.com



In September this year we took a group of Yogis for a yoga and Tai Chi week retreat to Turkey. We were joined by guest celebrity Yogi Dr. Malik. I was truly honoured that such a notable man was interested in finding out more about yoga through people like Dorna and myself. He was completely open to the practices that we shared throughout the week, and he remained extremely centred while being equally humble and open to new methods and ideas.

On our third day at the hotel, following a lovely breakfast with new friends, Dr. Malik and I went for a coffee and then a chat nearby the ocean and in the shade of some beautiful trees. I told Dr. Malik how thrilled we were that he was with us and he responded simply with a shining smile. After just a few minutes of chatting with him, a tremendous warmth arose from within me. I had this feeling, "you know the universe is just so big and so kind. Here I am with a beautiful and generous soul and I know this because every time Dr. Malik looks at me, I feel so complete."

I mentioned how my path had been one with much personal trauma and that I knew I had reached a plateau at which

many of my growing pains were now turning into fruit. Dr. Malik looked at me with his soft loving gaze. He told me that my heart was ready and that writing would help my progress. I enjoyed a blissful wave of appreciation as I soaked up this gift.

It was one of those moments of truth, of direct transmission. A moment when you receive something from someone who knows, someone who has been there and done it and, now wants to help you to do the same. My eyes filled with tears.



We asked Matt Gluck to write his story about the retreat in Turkey where he taught yoga with Dorna Djenab and we decided to print it.

Dr Malik was born in Kashmir in Northern India. His mother and father are still alive and he returns to see them every year at least once. I told him that I had been fairly close to Kashmir once, while in India and he reassured me that I must go there one day. "Kashmir is one of the most beautiful spots on the planet," he said to me. It was so clear that although Dr. Malik has travelled the world and met people from all walks and dispositions, his heart remains with his motherland and the protective and supporting love of his homestead in Kashmir.

He has been practising yoga since he was a small boy. His father taught him the sutras and showed him how to breathe and live as a yogi. Throughout his life Dr. Malik has been guided by Spirit. Being brought up in Kashmir meant that his experiences were very connected to nature and her lessons. He has been intrigued and inspired by the pundits, yogis, shamans and ascetics. Dr. Malik first met some of them in neighbouring towns and villages and then began to travel further, across large distances, to meet others.

I asked him about his brothers and he told me that he was the only one practising yoga. I sensed his being travelling back-

wards through space-time, reliving some of the joy and turmoil that brothers share in growing up together. I could see his love for his youngest brother especially, because he also had an interest in Vedic Astrology.

I empathised with Dr. Malik, knowing that feeling of loving my brother intimately from an early age, coupled with the pain of life separating us, in order that we grow our unique paths back to our truest selves.

As we spoke about life, I asked Dr Malik how he had attained success. He said, "I am always positive! If I want to make something happen then I just think it in to being. I know that it will happen. I don't question. I know that the details will





be taken care of for me. I often start a project without really knowing the finer details. This doesn't worry me. It never has. Everything always works out as I intend it to!"

With this Dr. Malik beamed and laughed. I found him truly and deeply inspiring. These are the words of a true yogi, or shaman. They are words spoken by someone who's thought energy is in total harmony with the universe. This occurs because Dr. Malik is finely attuned to and therefore accurately receives information from the Akasha (Cosmic Library). In other words he is acting as a medium for source, which showers him with the abundance of her infinite blessings. It is clear that Dr. Malik's efforts are all in service of the Collective. His intentions are for the manifestation of goodness beyond his small self and in this light, he continues to create wonders such as the *YOGA Magazine*, books, lectures and other materials to educate the public about this ancient science.

He confided in me (which I know is okay to share with you), that his knowledge and success have been obtained via two very simple methods. The first is to question those who already know. The second is to put this information in to practice, trusting in one's higher nature to take care of the minutiae.

The only thing that prevents one from growth is the limitations the ego projects within the mind. With consistent medita-

tive focus one gains the tools necessary as Dr. Malik described "to delete the files that are obstructing progress" (memory files held within one's genetic blueprint) and "access and affirm those required to implement soulful evolution".

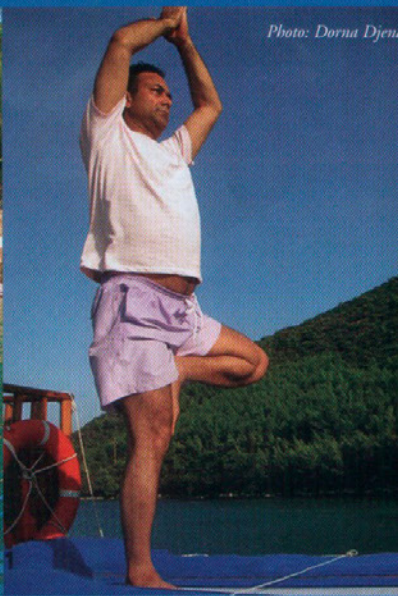
As the week went by Dr. Malik and I grew closer naturally. He shared with me from his heart and I felt the synchronicity of life's generous gift blossom before me as I sat by the water's edge reading one of his books, *Asian Millionaires*. The book teaches a simple universal truth; that if you believe in yourself beyond all else, you are already more than 95% of the way to the success that you feel within your bones.

As a qualified journalist too, Dr. Malik has interviewed countless yogis, writers and hugely successful businesspeople, absorbing much of their wisdom over the many years. He told stories of his past in India and here in the UK where he has met with Spirit on so many occasions. Stories of yogic feats of perception, telekinesis, projections, possessions and healings, all of which he has witnessed and been a part of personally.

When you share time with him, there is a sense of timelessness; you know that you are in the presence of truth and progression. He is a man of few words, which is quite rare in the hustle of western living. When he speaks you can sense that he is sharing, in his utter reverence for life and his role within it. Throughout the week, this humble man remained present to the entire group while maintaining his inner poise at all times. The presence of his ego revealed itself only as someone willing to help and enjoy the welfare of others.

On our fourth day we made a trip to the hammam (Turkish bath) to relax and nurture ourselves further during our week of spacious camaraderie. A group of seven shared the minibus to the baths. I chatted with Dr. Malik further about his many projects.

Those he seemed most passionate about involved finding the wisest beings on the planet, so that he can sit down with them, listen and learn. He was particularly enthused about a return



visit to a renowned yogi somewhere near Bombay. He is known to dwell in a cave and employ a secretary! His secretary is a young lad who receives requests for help on a mobile phone and relays the important information to his master before he receives any guests. Dr. Malik told me that he had found this yogi-guru a few years back and had been incredibly impressed with his level of awareness. I have been telling stories of a similar Being myself over the last nine years and so it was truly magical to hear another seeker relay the same words I have used myself.

Dr. Malik said, "I wish to return to see this yogi in particular. He told me things about myself that nobody else knows and that he therefore couldn't possibly know. He has great awareness!" My heart sang with glee, to hear Dr. Malik affirm that there are great souls here amongst us, guiding us as they raise our minds out of the mire and upwards towards a higher taste, a finer way to live and enjoy life as truly loving beings.

The Turkish bath was really excellent; we revelled in steam, chants of "Aum Shanti" and lots of laughter! We left feeling totally pampered and enjoyed a great ride home, including a stop for some wonderfully sweet locally-grown bananas!

Another morning while chatting, I asked Dr. Malik about his current teacher who was inspiring him the most. He said, "If you want knowledge all you need to do is observe 'Prakriti' (nature) and she will teach you all that you require. She will talk to you through the waves, through the sky, through the trees."

I felt so wonderfully alive every time we met, like an apprentice, being gifted with the next lesson on my path. On another occasion I asked Dr. Malik who was guiding him at the moment? He told me that he had relations with all of the Deities, having met them throughout his journey. To my delight he knew of Jesus's time in India (recommending me the "best text to read": *Christ in Kashmir*) and the multitude of stories of the great sages like Babaji, whose shakti enlightens our way when we lose reality consciousness.

We enjoyed many yoga sessions together and inspired each other with our love for this divine science. Halfway through the week Dr. Malik taught the group how to perform Sutra Neti, which he demonstrated with such joy and ease. I am pleased to say that this is now a part of my own practice, due to the wonderful feeling of internal awareness that it provided me with!

I didn't actually know that I would be sharing these words with you, until I returned back to London. One of our students told me off at dinner one evening for grilling Dr. Malik with so many questions. I am so happy that I did. I have learned much, in such a simple and direct way. I feel like I have entered another unfathomable chamber of mirrors, installed with infinite reflections of our deepest self.

Dr. Malik is a calm, affable and generous spirit. He is truly a man of heart, searching and finding himself through daily awareness and ever-expanding love for all.

I thank him for inviting me into his life.