

divan

bodrum

THE NEW CHAPTER



The Code Lotus Mindfulness Center was established as part of this project and designed to support medical healing within the framework of holistic mental and bodily approach by use of integrative medical therapies. The center aims to promote mindfulness regarding the body and breathing by adopting mindfulness-based approaches. Individuals are thus enabled to review their relations with disease, pain and stress in a more aware fashion, which leads to redirection of their attention to the sensations in their bodies and foundation of strong and healthy bonds with themselves.

AUGUST

PROGRAM (2 DAYS)	August		
Sustainable Health Talks	16 - 17 August		
Freedom Flow for All			30 - 31 August
Mindfulness for Children and Parents		25 - 26 August	
Mindfulness and Pilates Workshop		23 - 24 August	

SEPTEMBER / OCTOBER

PROGRAM (2 DAYS)	September / October			
Sustainable Health Talks		23 - 24 September		
Ayurvedic Detox and Wellness Retreat			14 - 15 October	
Mindfulness Based Liberation From Habit Loops				25 - 26 October
Mindfulness For Children and Parents	16 - 17 September			
Mindfulness and Pilates Workshop			27 - 28 September	