

The Power of Silence

Cappadocia Retreat



Pause
Breathe
Listen



Turkey

Utopia Cave Hotel Cappadocia

September 18th-22nd
2024

It's ME time!

Give yourself the opportunity to live once in a lifetime experience. If you are ready to explore your relationship with silence and meet yourSELF and enjoy the gifts that this encounter will bring; we'll take care of everything for YOU. An inspiring location in the middle of Turkey in Cappadocia, healthy delicious meals and 5 full days of spiritual uplifting that you will never forget - of course Points of You® style.

Agenda

Immerse Yourself
in an Unforgettable
5-Day Agenda



The Power of Silence Retreat awaits you to decrease the volume of your hectic life to hear yourself. This retreat offers a space for you to shift from doing to being, with the healing power of geography and nature in a Points of You® way.

Throughout the retreat, you will be guided through a journey of rebirth, healing, exploring, expanding, and contemplating life from 360 degrees. You will engage with the Elements of life - Earth, Water, Air, Fire, and Ether - in various activities that include dancing, walking, flying, whirling, and singing while allowing all the range of emotions.

The retreat creates an opportunity for you to be alone in your inner journey yet be accompanied by a group of like-hearted souls, creating a sense of togetherness and support. The Power of Silence Retreat is a transformative experience that provides profound insights and rejuvenates your mind, body, and soul. Get ready to the unexpected but precise!



Meeting Place

Take your seat back
let your mind and body relax
enjoy the ride
Your journey begins here



Transportation to the venue

Date: September 18th, 2024

Meet your fellow participants at: 11:30 am

The bus will leave at: 12:00 am

From: Holiday Inn Kayseri (located 5.6 km from ASR Airport, offers airport shuttle)

To: Utopia Cave Cappadocia, Nevsehir

Travel time: About 1 hour

Transportation back

Date: September 22nd, 2024

The training should end at: 15:00-16:00

The bus will leave at: 16:00-16:30

From: Utopia Cave Cappadocia, Nevsehir

To: Kayseri Airport (ASR)

Travel time: About 1 hour

Please note

Since the last day of the program ends in the afternoon, we recommend staying the night at Kayseri which is close to the airport and scheduling your departing flight on the next day or later. Please note that for any questions or doubts, we are here for you, don't hesitate to contact us.

Our shuttles leave on time.

Please arrive at the meeting place 30 minutes before departure.

Accomodation

The Silence Retreat
takes place in inspiring resorts
around the world



Location Details

[Utopia Cave Cappadocia, Nevsehir, Turkey](#)

info@utopiacave.com | +90 384 341 67 47

<https://www.utopiacave.com>

Check-in:

The shuttle will arrive at the resort by 1:00 pm.

If you are planning to arrive independently, please make sure to arrive at the same time as the group and don't forget to update us that you won't be taking the shuttle so that we'll know not to wait for you.

Rooms and roomates

As part of the Turning Point experience, you will share a room, highly likely with someone you do not know... yet. :)

Room sharing plays an amazing part in the group's process of bonding and connecting. The Points of You® team creates the room assignment plan with a lot of thought and careful considiration to details. You are in good hands.

Trust the process.

* Men and women will not share the same room.



Please note:

The course location is about 1 hour from the meeting point and located in the middle of Nevsehir in Turkey's central district. This is a magnificent and unique place both geographically and historically.

Experience Utopia Cave Cappadocia's uniquely designed rooms, blending modern aesthetics with the captivating history and mystical atmosphere of the region.

The climate is warm and sunny with daytime temperatures around 18-22C but at night will be colder around 8-12C. So we highly recommend to bring warm clothing with you beside your bathing suit :)

Silence is the language of God,
all else is poor translation.

Rumi

**Join
now**

**Let's
Meet Online
Book a
Meeting**

Please don't hesitate to contact us
with any request or question

www.points-of-you.com | +972-9-7677476 | ask@points-of-you.com

