

## SELÇUK GÜREZ

Selçuk started his sufi journey in 1988 by learning to blow the ney with Halil Ibrahim Yunga. He started whirling with his Mevlevi sheikh Nail Kesova and 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. He has taken part in many international festivals and workshops as a director, chief ney (turkish reed flute) and kudüm (a rhythm instrument used in Turkish classical music) player as well 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 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](http://www.sufihouse.com))

## 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 Senem with her teachings.

Wanting to deepen her expertise in body awareness and to create a newer field where people can explore their own awareness; Senem enrolled in the Bones for life program ([www.bonesforlife.com](http://www.bonesforlife.com)). With the inspiration of this on-going education she started organizing 'Earth to Sky / Body to Soul' retreats with her husband Selçuk Gürez; whilst also providing private therapies to children and adults in Pastoral Valley resort.







Are you ready for a sema (sufi whirling) journey of passing through the earth to the sky, from the body to the soul? This retreat organized by Sufihouse will last for 5 days and 4 nights; and take place in an ecofarm located within an eucalyptus forest, next to a river in the beautiful Mediterranean region in the south of Turkey. (For more info about the venue please visit [www.pastoralvadi.com](http://www.pastoralvadi.com) .)

In this journey, we will explore the depths of sema (whirling) through an 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. This session will be accompanied by Selçuk Gürez playing the Ney (Turkish reed flute).

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

Throughout the whole retreat we will be talking about sufism philosophy and lodge music.

All the sessions will be held in Turkish with English translation.

Price : 300 Euro all-inclusive per person  
(Full board accommodation including afternoon snacks, free tea and coffee )

Registration fee: 150 Euro to secure your place will be required. The retreat has limited capacity therefore only the first 20 applicants who have paid the registration fee will be accepted.

Note: Please make sure that you have dressed comfortably and are wearing thick soled leather whirling shoes called mes. In case you don't have one please contact us, so that we can help you with them.

During the retreat, the participants will also have opportunity to book a private massage and body awareness session. There will be limited sessions offered which are required to be booked in advance. Fees are 70 Euros per 1.5-2 hours long sessions.

For further information please contact [senemgurez@yahoo.com](mailto:senemgurez@yahoo.com)





