



Private Retreats for Life's Transitions

PRIVATE • BESPOKE • MEDITERRANEAN

Space to think. Time to restore.
Clarity for what comes next.

ANTALYA • TÜRKİYE

WELCOME

Every life has seasons of transition.

Sometimes the answer is not another meeting, another opinion or another busy week.

Sometimes you need to leave your normal environment, slow the noise around you and create enough space to hear yourself think.

Ayuda is a one-to-one private retreat, individually designed around your circumstances and the outcome you want from your time in Antalya.



Meet Melinda — Your Guide

For more than forty years, I have worked alongside people at important turning points in their lives and careers — helping them think clearly when the decisions in front of them really matter.

My background spans executive search, leadership development, executive coaching and mentoring, international personal advisory work, and ten years in hospitality management.

My professional experience taught me how to ask important questions. My own life taught me what those questions can mean when everything changes.

Alongside that career, my own life has brought profound change — loss, serious illness and the long work of rebuilding. It has deepened my understanding of what it is to face an uncertain future: not with easy answers, but with courage, reflection and practical support.

At Ayuda, my role is not to tell you what to do. It is to listen carefully, ask the questions that matter, offer perspective when it is useful, and give you the space to reach decisions that genuinely belong to you.

— Melinda



EXECUTIVE SEARCH • LEADERSHIP DEVELOPMENT • EXECUTIVE COACHING & MENTORING • INTERNATIONAL PERSONAL ADVISORY • HOSPITALITY MANAGEMENT

More than four decades of professional experience • MA Counselling Psychology • Chartered Fellow CIPD • Certified Women's Coach (One of Many)

Real retreat experiences

Three personal stories — three different reasons for coming.



MICHELE

A period of bereavement

I came to Ayuda during a period of bereavement. What mattered was having both support and space: yoga, beach walks, quiet reflection and the freedom to be by myself when I needed it.

Michele • Former guest

TARA

Time to develop professionally

We did such a lovely variety of things — I especially loved ancient Side and the boat trip to Green Lake. I also valued reflective space and time to work towards my coaching certification with Melinda's mentoring. It was unforgettable, and I came away with gorgeous photographs to remember it by.

Tara • Former guest

ANNE

An important personal decision

Throughout my wonderful stay at Ayuda Retreats, I was gently guided through deep, insightful and reflective conversations with Melinda, giving me the space to think through an important decision in my life. My days were spent swimming, enjoying a Turkish bath, exploring waterfalls and ancient Side, and sharing wonderful Turkish food, laughter and wine. I returned home really refreshed and ready to restart the real me.

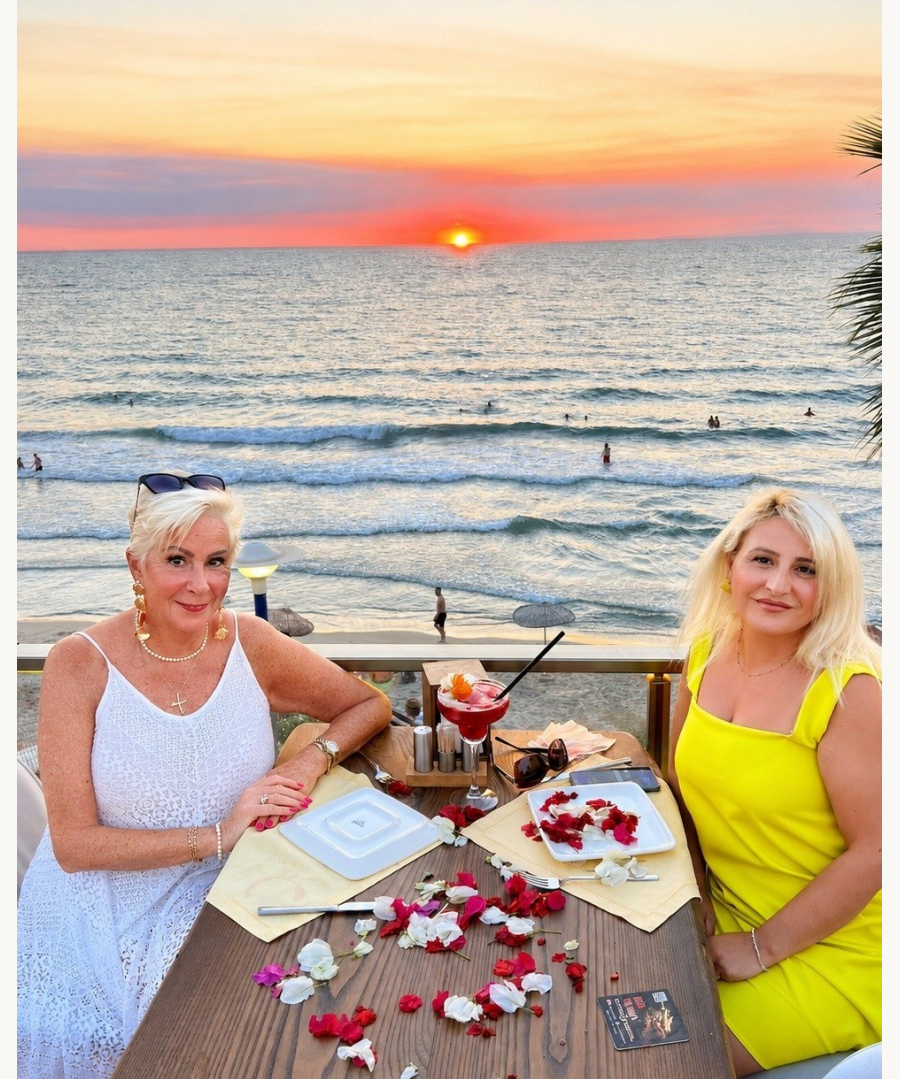
Anne • Former guest

Meet Nigar (Nika)

Nika is practical, warm and deeply experienced in looking after international guests in Antalya.

She brings local knowledge, multilingual support and years of experience in the health, dental and aesthetic tourism world.

From the small details to the people you may need to meet, Nika helps the experience feel personal, safe and beautifully uncomplicated.



Why Ayuda?

This is not a group programme and it is not a rigid timetable.

- Usually one-to-one: private, discreet and personal.
- Also available for couples or two friends travelling together.
- Facilitators may bring their own group, with Ayuda coordinating the Antalya experience.
- Built around your real questions, not a standard curriculum.
- Nature, movement, food, rest and Mediterranean life woven around your needs.
- Shaped around your values, faith, dietary preferences and privacy, whatever they are.

No two retreats are the same. Each is shaped around your circumstances, pace, health, interests, values and hopes for the time away — and around how private or how sociable you would like it to be. Some arrangements remain subject to availability and confirmation.



**Conversation, reflection and practical planning —
held in a real Mediterranean setting.**

Who comes to Ayuda?

Many guests come during or after divorce or separation — at the point where a long chapter has ended and the shape of the next one is not yet clear.

Others arrive at a different kind of turning point: a career change, a business beginning or ending, a change in family life, bereavement, a new beginning — or simply the sense that something needs to shift.

Ayuda is built around the individual rather than a category. Retreats are taken by women and by men, and you do not need to arrive with everything neatly defined. Sometimes the purpose of the retreat is to find the question before the answer.

And it is not all serious. There is room for laughter, friendship, rest, adventure and being well looked after.



Space changes perspective.

There is a particular freedom in stepping outside your ordinary life for a few days.

We may talk deeply. We may walk, swim, eat somewhere beautiful, sit beside the water or do very little at all.

The point is not to fill every hour. The point is to use the time well — with honesty, warmth and respect.



EXPERIENCES

What might your days include?

Your days can be as active or as spacious as you want them to be.

Alongside private conversation and reflection, Antalya offers time to restore, explore and simply enjoy yourself.

- Beach and sea
- Traditional hammam and massage
- Markets, boutiques and shopping
- Mountains and the Taurus landscape
- Ancient Side and local history
- Meditation, journalling and quiet time

Everything is optional.
The rhythm is yours.



BEACH



HAMMAM



SHOPPING



MOUNTAINS



HISTORY



MEDITATION

Nourishment can be simple or indulgent.

Your food can match the intention of your retreat: fresh local produce, Turkish grills, seafood, sushi, fine dining and local wines — or something simpler and lighter, if that is what you need.

The emphasis is always on what helps you feel calmer, clearer and more focused — never on following a formula.

Dietary, cultural and faith-conscious preferences are straightforward to accommodate, and are agreed with you before you arrive.

Local markets add another pleasure: seasonal fruit, herbs, spices, cheeses and Mediterranean produce chosen simply because it looks and tastes wonderful.



OPTIONAL, NEVER OBLIGATORY

Health can be part of the journey.

Time away from ordinary life is often when people decide to attend to something they have been putting off.

Where a guest wishes, Ayuda can arrange introductions and appointments with appropriately licensed independent clinicians in Antalya, and look after the practical side — timings, transport and translation.

Areas guests sometimes choose to explore independently include preventive health assessments; women's and men's health; fertility and reproductive health; hormonal wellbeing; healthy ageing and longevity; dental, dermatological and aesthetic consultations; and nutrition and general wellbeing.

Ayuda does not advise on, select or recommend any test, procedure or treatment. All assessment, diagnosis, treatment and consent rest with the independent clinician, and any decision to proceed is entirely your own.

Entirely optional, and never expected.



Sea, mountains & thousands of years of history

Walk the long sandy beaches of Side, swim in the Mediterranean, explore the ancient ruins and Temple of Apollo, or simply sit beside the sea and think.

The Taurus Mountains rise beyond the coast, while ancient Side brings another dimension for guests who love history and culture.

Your time is shaped around what restores, inspires and interests you.



Side beach • Mediterranean • Taurus Mountains

ACCOMMODATION

Your Retreat. Your Style. Your Budget.

AKRA ANTALYA

Five-star Mediterranean luxury with dramatic sea and Taurus Mountain views, pools, spa and sophisticated rooms.

SWEET ORANGE GARDEN

A smaller local hotel on the same private complex as Melinda's home. Guests can enjoy the complex facilities and also spend private retreat time at Melinda's villa and larger pool, with individual conversations and sessions taking place there when appropriate.

This option can also make the retreat more economical: because Melinda remains in her own home, the programme does not carry the cost of a second hotel room and meals.

These are examples rather than fixed choices. Beachfront, cliff-front, town, mountains, luxury or simplicity can all be selected around your preferences.

The accommodation changes. The personal attention doesn't.



AKRA ANTALYA



AKRA POOL & SEA VIEW



SWEET ORANGE GARDEN



MELINDA'S VILLA & POOL

MEMORIES TO TAKE HOME

A personal photo portfolio

Most photographs in this brochure were taken simply during real retreat moments — often on an iPhone.

When wanted, relaxed lifestyle photography can be woven through your stay: different outfits, different days, different places, and no formal pressure.

You leave not only with clearer thinking and practical next steps, but also with a beautiful set of images that help you remember who you were becoming here.



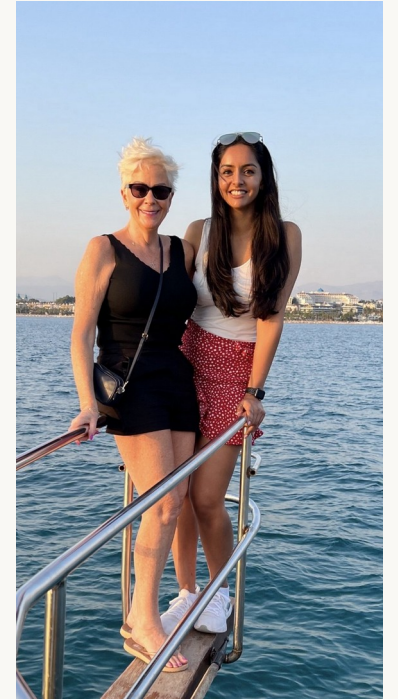
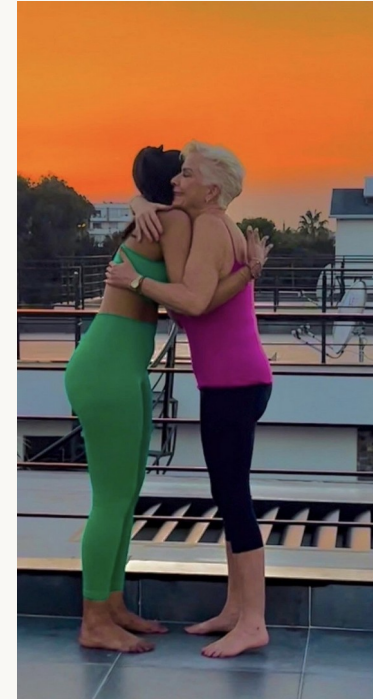
THE AYUDA FEELING

Real warmth, freedom and connection.

Ayuda is private, but it is not cold or clinical.

There is room for serious reflection and important decisions — but also for laughter, swimming, friendship, boats, sunshine and doing something you might not normally do.

The photographs are real because the experience is real.



BEFORE WE SAY YES

A private retreat requires the right fit.

Ayuda works best when a guest is ready to engage honestly and has a genuine reason for taking time away.

We agree the purpose and desired outcomes in advance. Confidentiality and boundaries are respected.

Ayuda is not crisis care, addiction treatment or specialist psychiatric treatment. Where needs fall outside our scope, we will say so.



Ayuda provides personal counsel, private retreat experiences and practical facilitation. It does not provide medical, legal, tax, investment or other regulated professional advice. Any such advice, assessment or treatment is provided directly by appropriately qualified independent professionals.

A few things you may want to know

How much will I need to invest?

Because every retreat is individually designed, there is no single package price. Following our first conversation you will receive a completely transparent proposal covering your retreat, accommodation and agreed arrangements — before you commit to anything.

How soon can I speak with Melinda?

The first step is a private, informal conversation. It is a chance to talk about what is happening, what you would like from your time away, and whether Ayuda feels right for you. There is no obligation to proceed.

What might my retreat look like?

No two need to look the same. Yours might combine private conversations with Melinda, quiet thinking time, swimming or walking, good food, spa time, or exploring Antalya and ancient Side. We agree the broad shape before you arrive, and adjust it while you are here.

Who takes care of the arrangements?

Melinda and her trusted local team coordinate accommodation, airport transfers, reservations and agreed activities, leaving you free to concentrate on the reason you came.

What if I would like a health assessment?

If requested, Ayuda can arrange introductions and appointments with appropriately licensed independent clinicians in Antalya, and look after the practical side. All assessment, advice, treatment and fees remain entirely between you and the clinician.

Can I speak to someone who has been?

Where a former guest has expressly agreed to be contacted, we may be able to arrange a confidential conversation. We never share a guest's details without their permission.

Can my partner or a friend come?

Potentially, yes. Ayuda is designed around the individual rather than a fixed package, so we can discuss what would make the experience work best for you.

What happens next?

**Conversation → Tailored outline → Clear quotation →
Preparation → Antalya**

YOUR NEXT CHAPTER

Perhaps you do not need to
change your whole life.

Perhaps you simply need enough
space to see it differently.

Start with a confidential conversation about where you are now, what
you are considering and what you would like your retreat to make
possible.

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Private retreats for life's transitions.