

# SPIRITUAL RESTORATION



GAIA TEMPLE



*"Silence is the  
greatest sound,  
for those  
who can hear..."*

*Rumi*

METİN LEVİ



## GAIA TEMPLE

### “Spiritual Restoration”

In an era where even vacations leave us exhausted, the need for true peace of mind has become more important than ever. Neither at home nor at work can we find solitude and silence to truly rest. One's only alone time shouldn't be limited to sitting in traffic. Feeling this need himself, Metin Levi envisioned that many others might be experiencing the same struggle. With this in mind, he established Gaia Temple as a “Silent Hotel and Ayurveda” concept.

There is no similar concept in the world yet, which excites an entrepreneur like Metin Levi even more. It may soon be imitated, but Gaia Temple remains unique with its only six rooms and its profound silence.



Silence offers a gateway to inner journeys and spiritual restoration. Many philosophers and thinkers have emphasized the power of silence. In a world where people turn to psychologists or medications for relief, an inner journey is a far more natural solution.

We invite you to immerse yourself in the breathtaking nature of Datça, where the healing traditions of ancient Knidos and Caria continue to inspire.

(The phrase Koca Kari İlacı—meaning “old wives’ remedy”—actually originates from Koca Karia İlacı, referring to the ancient healing wisdom of Caria, dating back to 2000 BCE.)

You will leave this land with a deepened awareness of its special energy.

We invite you on a unique journey to rejuvenate your body, mind, and soul. Our goal is to ensure that our guests experience the highest level of spiritual restoration. To help deepen this journey, we kindly ask all guests to honor the following principles.

# SILENT HOTEL

Program Details



MEDITATION  
IS LOSING  
YOURSELF IN  
INFINITE SOLITUDE.  
IT IS A JOURNEY  
WHERE THE MIND  
FALLS SILENT  
AND THE SOUL  
FINDS ITS  
FREEDOM.



## SILENCE

- Silence is a fundamental principle that enhances mental clarity and deepens awareness. While you may communicate with our guides and team for essential needs, we ask that you fully respect the meditation and introspection of other guests. While avoiding eye contact may seem impolite in some cultures, at Gaia Temple, we encourage a sense of complete solitude for all guests.

## KEY GUIDELINES FOR SPIRITUAL RESTORATION

A clear state of mind is essential in an environment focused on silence and awareness.

- Alcohol and similar substances should not be consumed.
- To preserve the pure energy of nature and support physical and mental detoxification, we strongly discourage the use of cigarettes, cigars, e-cigarettes, and any tobacco products.



## CLOTHING RECOMMENDATIONS

- We recommend wearing loose, comfortable clothing made from natural materials to support your transformation journey. Please avoid flashy, tight, or synthetic garments.

## DIGITAL DETOX & LIMITED COMMUNICATION

- All communication should be kept to a minimum. We strongly advise refraining from social media, news, or digital content. You may entrust your phone to our staff and still have access in case of emergencies.



## MUSIC

- Headphones may be used for listening to mindfulness-focused content such as guided meditations or spiritual podcasts.
- Our team can assist in selecting suitable materials for your journey.

"NATURE WHISPERS  
ITS UNIQUE MELODY;  
JUST LISTEN  
TO HEAR IT.

”



## PRICING

7-Night Package  
1350 Euro.-

5- Night Package  
1100 Euro.-

3- Night Package  
850 Euro.-

- Ayurvedic meals and drinks are included.
- Morning yoga is included.
- Every Sunday, sound therapy is included.
- Massages are subject to an additional fee and must be booked in advance.

# GAIA TEMPLE

Accommodation Details



## GENERAL INFORMATION

### ACCOMMODATION

Check-in is available only on Saturdays.  
Packages include 3, 5, or 7 nights.

Check-in time: 14:00

Check-out time: 11:00

Gaia Temple is an adults-only retreat (18+).

### ROOM SELECTION

- Gaia Temple has only six rooms.
- All rooms are priced equally.
- Early reservations secure room preferences.

SHIVA ~ Senior Suite Room	37 m2
BRAHMA ~ Executive Suite Dublex	35 m2
SABINA ~ Deluxe Suite Room	31 m2
KRISHNA ~ Junior Suite Room	24 m2
INDIRA Superior ~ Twin Room	23 m2
RAMA ~ Superior Room	19 m2



## CUISINE

Healthy, alkaline, vegan, and vegetarian meals prepared with Ayurvedic and local ingredients.

Meal times;

Breakfast	09.00
Lunch	13:00
Dinner	18:30

We kindly ask that you inform us in advance of any special dietary requirements or allergies.

NUTRITION  
IS A HEALING JOURNEY  
THAT NOURISHES  
NOT ONLY  
THE BODY,  
BUT  
ALSO THE MIND AND  
SOUL.



## Discover Inner Balance at Gaia

In the heart of nature, Gaia offers you a sanctuary where your body, mind, and spirit find harmony. On your inner journey, we nourish your soul while gently purifying your body through natural healing practices.

We invite you to step into rebirth with Ayurvedic massages, Shirodhara therapies, and the timeless remedies nature gracefully provides. Align with the rhythm of the earth, quiet your soul, and rediscover the peace within.

Wishing you a path illuminated by silence and spiritual restoration.

Gaia Temple Family



## GAIA TEMPLE



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