

Issue #30 January 2024

Lifestyle

Magazine



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EDITORIAL

IWI Lifestyle Magazine is brought to you
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2024



MESSAGE FROM THE CHAIRWOMAN

Happy 2024 my friends!

What an eventful 2023 we have had. So grateful to have had such a well-attended Winter Bazaar. Over 1,000 visitors, 65 stallholders, and loads of children. Santa and the Grinch got everyone in the holiday spirit. We thank them for traveling all the way from the North Pole to the Gayrettepe Dedeman to be with us.



There was never a dull moment for our little ones at the kid's corner sponsored by Small Hands and Ütopya schools.

Our six country food stalls, from India, Russia, Portugal, Indonesia, and Thailand kept our bellies full of delightful warm dishes. Our stall holders had festive things for everyone and it was a delight to be in such a positive and energetic international crowd.

Over 1,700 lottery tickets were sold. This year, our biggest winners went away with a stay for two at the Hilton Bosphorus, and another lucky winner with a stay for two at the SED Hotel. We hope they enjoyed their time away from home in the lap of luxury!

Our team of dedicated board members as well as all of our selfless volunteers are what made the Winter Bazaar such a great success.

Special thanks to our Business Networking Leads, Rachel and Julia, Maria E. our Community Lead, Maria K. our Social Media Lead (and sons...wink wink), Yasemin our Board Advisor, and Aylin our Finance Lead for their expertise. Thank you Delawit, our new Magazine Editor and Ursula, now retiring from our magazine. Sema our Programs Lead, Jennifer our Board Administrator, Ayşe our Sponsorship Lead, and Shadi our Membership Lead who were all instrumental in organizing and making arrangements for this year's Winter Bazaar.



MESSAGE FROM THE CHAIRWOMAN

We gave our best wishes to Julia, our Chairwoman for the last three years, and sent her off to Australia. We also thanked Ursula for all her hard work on our monthly Lifestyle Magazine and wished her well with her new career and travels.

Setting up until midnight on the Saturday night before the Bazaar with Maggie and Katerina was fun with these gals. Our volunteers were instrumental in setup, operations management, and packing up afterwards.

Thanks to our heroes: Janina, Aylin, Cheryl, Deb, Elahe, Francesca, Hanan, Iryna, Julia, Manal, Monisha, Natalie, Olga, Rindra, Ronaldy, Sangita, Selma, Svetlana, Terri, and Yildiz.

Our dedicated members are the reason I am so proud to be a part of such a supportive and useful organization. Our strength is our members.

Please encourage all your friends who used to be members to come back, and new friends to join. It's a group effort and it is more than worth it.

Our activities and events give foreigners in Istanbul amazing opportunities to socialize and capitalize on everything this great city has to offer.

Let's keep this excitement going and enjoy every day that 2024 has to offer!

With Love,
Jasmine

DECEMBER NEIGHBORHOOD MEETUPS



DECEMBER NEIGHBORHOOD MEETUPS



IWI ANNUAL WINTER BAZAAR

December 10



IWI ANNUAL WINTER BAZAAR

December 10



WINTER *Bazaar*

A HEARTFELT THANK YOU
TO OUR SPONSORS

GOLD SPONSOR



Barbour



Turquoise Tassel

ZEM
ZEMZEM ATELIER



IWI ANNUAL HOLIDAY LUNCH

December 13



KNOW YOUR NM

Neighborhood Meetups



Mums 'n' Kids
All locations



Yesil
Bakirkoy, Beylikduzu, Merter,
SultanAhmet, etc



Sari
Istinye, Sariyer, Yenikoy, Emirgan,
Tarabya, Vadi Istanbul, etc



Mavi
Gokturk, Kemerburgaz,
Eyupsultan, etc



Mor
Sisli, Nisantasi, Beyoglu, Fatih,
Golden Horn, Mecidiyekoy, the
islands, etc



Lacivert
Umraniye, Sile, Beykoz,
Cekmekkoy, Syltanbeyli,
Tuzla, etc



Beyaz
Besiktas, Ulus, Ortakoy, Etiler,
Levent



Kirmizi
Uskudar, Kadikoy, Cengeikoy,
Atasehir, Pendik, etc



Pembe
Bebek, Rumelihisar, Kurugesme,
Arnavutkoy, etc



REMINDER

MEMBERSHIP CARDS ARE NOW DIGITAL



Your IWI Membership Card is now digital and comes with a QR code, this means you can access it at all times from your phone.

The idea is to make it easier for you to check your membership status and benefits from the numerous discounts our partners offer. You just need to present them with the new QR card!

This system works for **ALL** our members: *Classic, Business, NextGen and even Honorary.*



To access your new digitalized membership card, you just need to follow these steps.

- 1** Download the Wild Apricot (MEMBERS) app on your phone.
- 2** Open the app and log in with your usual login information (the same that you use to log into the IWI website).
- 3** Your profile will appear with a blue 'MY CARD' button under your name. Just click on it and the QR code will be displayed.

If you are experiencing any difficulties with this new system or the instructions, please reach out to our super IT Lead, Silvia, at it@iwistanbul.org.



WOULD YOU LIKE TO WRITE AN ARTICLE?



Articles are between 200-500 words, plus a title. This should be sent in a Word Doc or Email with photos sent as attachments.

The deadline for submission is the 15th of each month.

Please confirm via email **BEFORE** writing your article to ensure it matches the theme, otherwise it may be archived until later in the year when the content is more suitable.

OR WRITE A REVIEW ON ONE OF THE PROGRAMS YOU JOINED?

Reviews are about 100 words. They should be sent in a Word Doc or Email with photos sent as attachments. Please send these within 4 days after the program.

Unfortunately, we are unable to publish any reviews on programs that run after the 27th of the month.

Please email
magazine@iwistanbul.org



Happy New Year

Wishing you joy, success, and
new opportunities in the coming
year. Cheers to a fantastic year
ahead!



NEW YEAR, NEW YOU: 10 STEPS TO SHINE IN 2024

As the festive glow fades and we turn our faces towards 2024, whispers of fresh starts and reinvention fill the air. But let's face it, resolutions can feel daunting. Instead of grand pronouncements destined to gather dust, let's focus on nurturing a holistic sense of well-being, encompassing physical, mental, emotional, and financial health.

Here are 10 simple steps to help you shine in the new year:

- 1 Move Your Body, Nourish Your Soul:**
Ditch the gym pressure and find joy in movement. Dance in your kitchen, take a nature walk, or try a yoga class. Listen to your body and fuel it with delicious, nutritious foods that make you feel your best.
- 2 Tame the Digital Tiger:**
Take control of your screen time. Dedicate specific slots for checking emails, news, and social media, but prioritize reconnecting with the real world: savor silent evenings and rediscover the magic of analog interactions.
- 3 Mindfulness for the Win:**
Stress and anxiety can be relentless companions. Incorporate mindfulness practices like meditation, deep breathing, or journaling into your day. Even a few minutes can create a calming oasis amidst the chaos.
- 4 Embrace the Power of "No":**
We're often conditioned to say yes to everything, leaving ourselves drained and resentful. Learn to politely decline requests that don't resonate with you. Protecting your boundaries is crucial for emotional well-being.
- 5 Celebrate Small Wins:**
Don't wait for monumental achievements to pat yourself on the back. Acknowledge and celebrate the small victories – finishing a difficult project, conquering a fear, or simply making it through a tough day.

6 Invest in Your Passions:
Make time for activities that spark joy, whether it's painting, playing music, or learning a new language. Nurturing your passions is an act of self-love and can bring immense fulfillment.

7 Build Your Village:
Surround yourself with supportive, authentic people who uplift and inspire you. Cultivate meaningful connections with friends, family, and like-minded individuals who enrich your life.

8 Budget Like a Boss:
Take control of your finances. Create a realistic budget, track your spending, and set achievable financial goals. Remember, small, consistent steps are key to building financial security.

9 Embrace Imperfection:
Perfection is a myth. Stop striving for the impossible and learn to embrace your quirks and flaws. Authenticity is what makes you truly shine.

10 Celebrate Yourself:
You are enough, right now, just as you are. Take time to appreciate your strengths, your resilience, and your unique spirit. Self-compassion and acceptance are the cornerstones of genuine happiness.

Remember, your well-being is a journey, not a destination. Embrace the ups and downs, celebrate the little things, and be kind to yourself. As you nurture your physical, mental, emotional, and financial health, you'll radiate confidence and shine brilliantly in the new year.

*Wishing you a 2024 filled with
vibrant health, joy, and abundance!*



Unlock your child's potential
at Small Hands Academy &
onwards to Ütopya Schools

Sailing on a Learning
Journey

Small Hands to Ütopya &
onwards

Individualized Holistic
Development



www.smallhands.org
info@smallhands.org

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info@utopyaokullari.com



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ACCOMMODATION AND TRAVEL



[Alternative City Tours](#)

A series of specially designed itineraries around the lesser known areas of this wonderful city. Join me.

[Istanbul Place Apartments](#)

Hosting you in Galata with warmth, style and elegance. Large, historic apartments for vacation rental - families and groups.

[Zoe Yacht Cruises Istanbul](#)

Daily Istanbul and Bosphorus cruises by private yacht



AGRICULTURE AND GARDENING



[Aydos Tarim](#)

Produce, export and import plant fertilizers and seeds



ART AND DESIGN



[FW LUXE Decor & Lifestyle](#)

Interior design and home renovation



BEAUTY, HEALTH AND WELL-BEING



[Ayurveda In Istanbul](#)

Ayurvedic nutrition, psychology therapies for anxiety, panic, insomnia as well as hair regeneration therapies.

[Balance and Bliss](#)
[Holistic Health Clinic](#)

Support women to respond better to stress, heal faster and achieve harmony in their body and mind through the BodyTalk.

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BEAUTY, HEALTH AND WELL-BEING



[Balancing Life Yoga](#)

Specialty yoga for adults, kids and teacher trainings

[Dr. Shirin's Organic Cosmetics](#)

Dr. Shirin's is a line of natural skincare products made from organic ingredients

[Medtur22](#)

I specialize in finding the right professional care for you in centers of medical excellence in Türkiye for those with health problems.

[Plantgevity Nutrition Solutions](#)

As a Registered Dietitian, I empower you to be your best through the power of whole, plant-based foods.

[Swiss CenterDent](#)

Dentist and dental clinic



CAKES, PASTRY AND CHOCOLATE



[The Apricot Bakery](#)

Packaged holiday treats

[Bitsamore](#)

Soothe the pain away with delicious "feel good" kits of chocolate, candy and more!

[Sweet Creations by Filipa](#)

Home-based baker of all things sweet; Custom cakes, simple cakes, and pies. Can also do sugar-free and flourless if requested.



COACHING AND CONSULTING

[Anne Koçu Istanbul](#)

I provide birth trauma prevention coaching to pregnant women for strength and self-confidence before, during and after birth.

[Artevis](#)

Training, consulting and coaching services

[Compassion Flow Coaching](#)

Transformational life coach

[G&L Shift](#)

G&L Shift's founder, offers individual and group coaching packages on Business, Team, Career, International Mobility.

[Health Coach](#)

As an ICF certified life coach I help people reach their goals with a holistic approach.

[Her Expat Life](#)

Her Expat Life is a private company dedicated to advancing the lives of women who live a global lifestyle.

[KAI Consulting](#)

Psychologist who mainly works with people who are unhappy with their bodies and looks.

[Maika Endo Coaching](#)

Business Coach for wellness entrepreneurs, impact-driven entrepreneurs and coaches

[Mila's Health Coaching](#)

I help clients with health-related issues through lifestyle and eating habits without dieting; talks, and cooking classes.

[MixStrategy Marketing.](#)

Empowerment coaching, marketing

[Solution Resources](#)

HR recruitment for banking and financial services

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COFFEE AND ROASTERY



[Espresso Perfetto](#)

Coffee machines and grinders. Freshly roasted coffee beans. Coffee shop. Online shop

[Leali Caffè Gelato](#)

Coffee and ice cream shop



DECORATIONS AND GIFTS



[Anjana Bhardwaj Art](#)

Wooden home decorations

[Colour&Fabric](#)

Patchwork and quilting (Special handmade table mates, bed covers, fabric flowers, fabric bags, and gifts)

[Dot Design Studio](#)

Produce handmade home décor objects and holding ceramic classes

[GRENADÉ & LOKUM](#)

Handmade and exclusive goods from Turkish local artists. Carpets, kilims, rugs

[Inshirah Collective](#)

A gorgeous upcycling of textile waste

[Kinuc ceramics](#)

Handmade, handcrafted, wheel-thrown, hand-painted ceramics

[Living Traditions](#)

Handmade olive wood products



EDUCATION AND COURSES



[Casa Maravita](#)

International Family & Children's Center

[My Turkish Garden \(MTG\)](#)

Language courses

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FASHION AND STYLE



[AishaMia](#)

Turkish fashion brands-cloths, jewellery, accessories and home decorations.

[Chrissy Güleç Style](#)

Personal style, color and image consulting, wardrobe editing, personal shopping. Etiquette courses for adults and youth.

[Shaira1885](#)

Hand-woven Indian fabrics. Linen, silk, cotton, Tibetan brocades, and more

[Thrift Moda](#)

Vintage and designer shop

[Turquoise Tassel](#)

A boutique project creating one-of-a-kind embroidery accessories with underprivileged yet skilled women.

[UMBIstore](#)

Premium phone straps, accessories and other products



FOOD AND BEVERAGE



[Mavii's](#)

Indian cuisine, on-call chef, catering for special occasions, accept orders

[Pop-Up Dinners Istanbul](#)

Bi-weekly themed dinner since 2014. Now, the author of the first in a series of cookbooks, The Expat Alchemist cooks Punjab.

[Taco & Tortilla](#)

Tacos & Tortillas healthy fast food, dine in (indoor/outdoor), to go and delivery in Besiktas

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JEWELRY



[Ceramic Ox](#)

Lightweight, stainless steel-backed, unique ceramic earrings inspired by India, Hong Kong and Istanbul.

[Gala Fashion Jewlery.](#)

Wide range of trendy bijoux and accessories. Custom prices as well.

[Galeri Santim](#)

A contemporary jewellery gallery with unique & inventive works by established and up-and-coming new designers.

[Kinuaccessories](#)

Porcelain hand-sculpted, painted and glazed jewellery

[Lilyniko](#)

Jewellery

[Mosaic & Micro Mosaic Jewellery.](#)

I do roman mosaic and micro mosaic jewellery

[PEGAH Jewellery.](#)

Jewellery



OTHER SERVICES



[Scalpa Micro-Pigmentation, Scalp-Aesthetics Turkey.](#)

Scalp micro pigmentation is a hair follicle replication process that helps people suffering from different types of hair loss

[SUMO Creativity.](#)

Copywriting services for impact-driven businesses.

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PHOTOGRAPHY



[Noemie Deveau Photography](#)

Family photographer, business portraits creator, photography teacher



PSYCHOLOGY AND THERAPY



[Istanbul Creative Arts Therapy Institute](#)

Creative arts therapy

[Équinox Psychiatry and Therapy](#)

Mental- Psychological Assessment, prescription of medication and Psychotherapy in English



NEW IWI ADVERTISING PRICES



FULL PRICE

placement in the
Lifestyle Magazine



1500 TL
full page

1000 TL
half page

Special Rates for Business Members

- 2 free ads
- Additional ads receive 20% discount

Send inquiry for ad to
business@iwistanbul.org

Special Rates for Classic Members

- 10% discount

Send inquiry for ad to
magazine@iwistanbul.org

FULL PRICE

one post on
IWI Instagram page



1500 TL

Special Rates for Business Members

- 2 free posts = 1 feature + 1 informative

Send inquiry for ad to
business@iwistanbul.org

Special Rates for Classic Members

- 1 free post

Send inquiry for ad to
socialmedia@iwistanbul.org



IWI Membership Fees 2023-24

CLASSIC 650₺

BUSINESS 1350₺
(With Advertising benefit)

BUSINESS 1000₺
(No Advertising benefit)

NEXTGEN 200₺

From 27/9/23



IWI

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