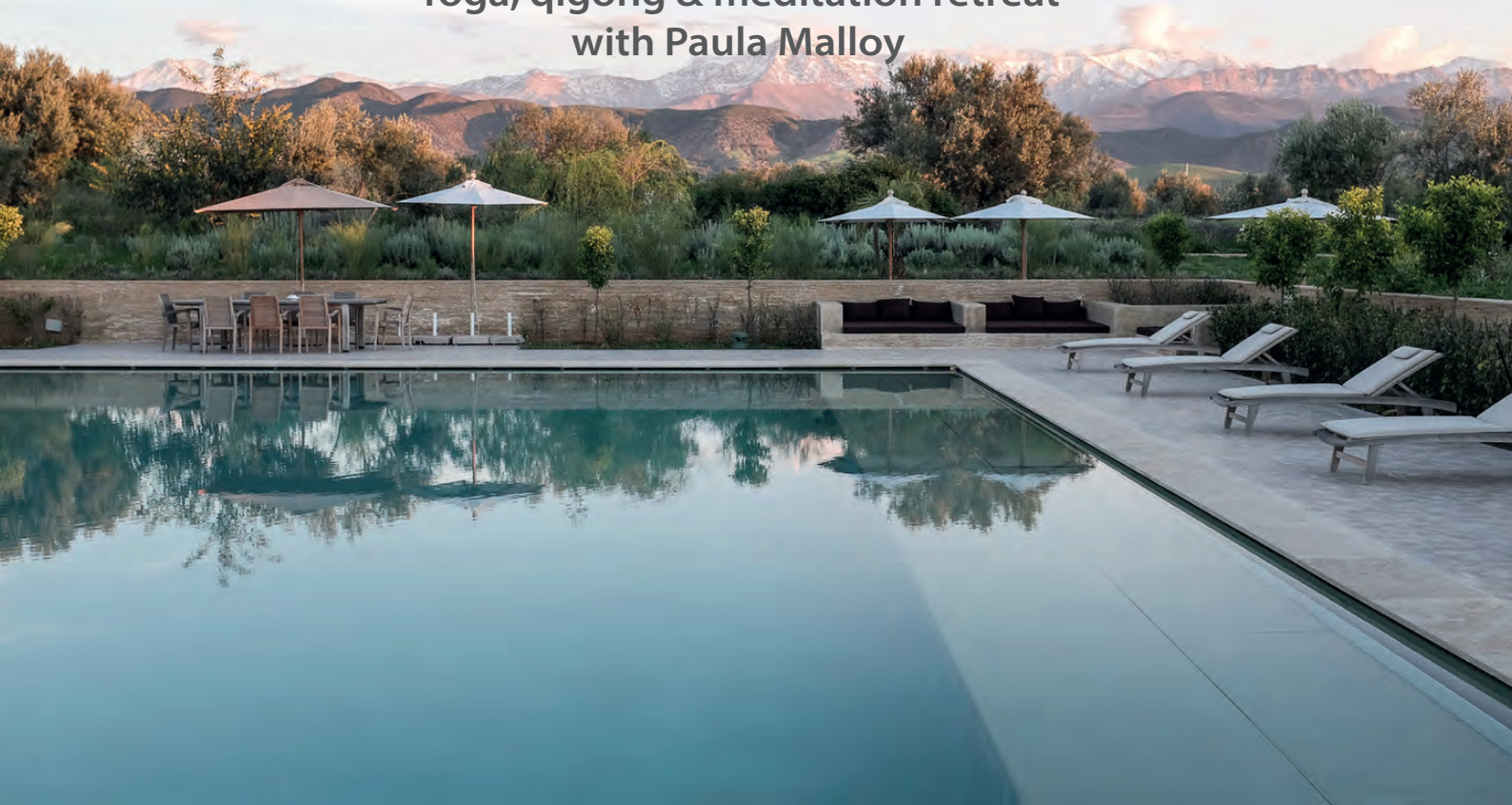


# MOROCCO

5th - 12th October 2024

Yoga, qigong & meditation retreat  
with Paula Malloy



# MOROCCO

A Moroccan sensory awakening retreat.

Join me in feeling fully alive in the beauty of Morocco, as we explore yoga, qigong & meditation in the magical landscape of the Atlas mountains.

The richness of Morocco has seen many different cultures, Berber, Arab, Spanish and French, who have all left their mark in this stunning land throughout the centuries. However Islam is the central tenant of Moroccan culture, and permeates all aspects of everyday life in the country.



Our time spent together on retreat in this magnificent country will be an enquiry into practicing what it means to live with a sense of wonder and awe, embodying a beginners mind in new, and vast surroundings.

The Morocco retreat will enliven your senses with new delights, and uncover how cultivating the right conditions with like-minded people can give us joy, freedom, and a sense of being your true self.



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## About the retreat

The retreat is 30kms south of Marrakesh, set in a luxurious private residence. A 20 acre estate nestled within olive groves and walled gardens with the most spectacular views of the Atlas Mountains. The retreat was designed by international architect Imaad Rahmouni in a style which combines vastness of space with the simplicity of Berber architecture.

The grounds are designed by the renowned French landscape designers Eric Ossart and Arnaud Maurières who blend plantations of fragrant flowers, sculptural cacti with local crops.

The main house is vast, and arranged on either side of an impressive corridor which leads to the living rooms, dining room and hammam.

Furnished and decorated by Themes & Variations, the interiors are a combination of vintage and contemporary with a Moroccan flavour.



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The retreat includes the main house extending over 1,200 sqm, plus six garden villas (approx 100 sqm each), that are surrounded by stone terraces for sunbathing.

The main house is arranged on either side of an impressive corridor which leads to the living rooms, dining room, spa, billiard room, television / reading room and the four house bedroom suites

For your comfort this beautiful location has a team of 12, including a manager who speaks English, German and French, a butler, a cook and 3 chambermaids. The grounds are maintained by a head groundsman, 4 gardeners and a night watchman.

Three meals a day are included in your retreat. The cooking is a delicious vegetarian Moroccan / French fusion.

The retreat's own garden, grows the vegetables, fruit and olive oil are used extensively in the meals and traditional bread is baked in an outdoor wood fired oven.

Dietary requirements can be taken into consideration.

Meals are served in a variety of outdoor locations around the retreat and to help you relax even more, specialist staff offer massages and hammans in the private in-house Spa.



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## **Yoga, qigong & meditation practices**

The daily practices are held in a stunning, glass fronted yoga studio with a view of the gardens and Atlas mountains.

The studio is fully equipped with all yoga bricks, blocks, bolsters and mats and has a relaxation patio, changing rooms and shower.

No need to bring a yoga mat unless you wish to.

There will be two yoga practices daily exploring yoga, qigong, meditation, pranayama, yoga nidra and plenty of inner reflection.

## **Morning sessions**

An exploration of inner reflections and pranayama practices, before moving through a progressive wake up yoga flow, blending traditional yoga postures and contemporary movement. The morning practice journey's towards guided relaxation and meditation.

## **Afternoon sessions**

A mellow, gentle and nurturing practice, which delves into the softening world of qigong fused with slow, relaxing asana, yoga nidra, pranayama and meditation.

The days will be free for relaxing in the tranquil surroundings of our fantastic retreat house, indulging in a hammam, enjoying the tennis courts, gardens, boules, swimming, or visiting local sites.



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An exceptional stone walled 18m x 18m swimming pool with pool house, changing rooms and outdoor dining area.



Tennis court clay court with club house and shower



**100 sqm ensuite bedrooms**  
Each room surrounded by a stone terrace for sunbathing.





100 sqm ensuite  
bedrooms



Each room surrounded by  
a stone terrace  
for sunbathing.



# MOROCCO



**Hammam**  
Traditional Hammam,  
relaxation room and  
massage room  
with two beds  
(additional fee for  
all appointments).

## Technical Needs

Air conditioning and central heating throughout.

Office with computer and printer.

Wifi throughout the property / pool.

Sonos music system in the main house and pool house.

## Billiard room

With 3/4 size English table.



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## What's included in your 7 night retreat in Morocco

All morning Yoga, meditation practices.

All afternoon yoga, qigong and meditation practices.

A group sound bath session.

All equipment, yoga mats, blocks, bricks, straps, bolsters, eye pillows.

5 star Accommodation.

Snacks, tea, coffee and soft drinks.

Breakfast, lunch and dinner daily.\*

Pool towels.

Return transport and entrance to Jardin-Bioaromatique, including a herbal foot bath & tea tasting session.

Return transport and entrance to Anima Gardens .

Return transport to the old Medina city of Marrakech for a day of sightseeing + 3 course evening dinner in Marrakech.

Use of tennis courts.

Swimming in the pool.

Boules pitch in the gardens.

Plenty of free time to relax in the tranquil surroundings of our fantastic retreat.

And much love from two donkeys who live on the retreat who like to be stroked.

\*Lunch, evening drinks and tips not included on day trip to Marrakech





## ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga, qigong and art. I began practicing yoga 25 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach.

Creating a yoga and qigong practice that intertwines with my creativity has allowed me to be innovates on the mat, designing fun sequences with informative learnings. I wish for my yoga and qigong teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us, as I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.

# MOROCCO

## **Investment in your well being & adventure**

Shared occupancy - £1695pp

Single occupancy - £2265pp

## **Deposit to reserve your place**

A non-refundable deposit of £350 is required to secure your place.\*

Please email Paula at [heykarmayoga@hotmail.com](mailto:heykarmayoga@hotmail.com) book a place.

The final balance is due by 1st July 2024

On booking please inform me of any relevant medical conditions and dietary requirements.

## **Cancellation notice (received by email)**

Cancelling more than or exactly 1 year before the date of your booking 0% of total booking fee forfeited.

Cancelling less than 1 year but more than or exactly 8 weeks before the date of your booking 25% of total booking fee forfeited.

Cancelling less than 8 weeks but more than or exactly 2 weeks before the date of your booking 50% of total booking fee forfeited.

Cancelling less than 2 weeks before the date of your booking 100% of total booking fee forfeited.

\*In the event you cannot attend the retreat, and a replacement attendee can be found, then an admin fee of 20% of the deposit will be incurred and the remaining deposit will be refunded.



## Need to Knows

### Insurance

It is a condition of your booking, that you take out travel insurance to cover any cancellations, health, pandemics and other eventualities.

### Check in and out

Check in time after 13:00pm

Check out time is 11:00am

### Flights

You will be flying to Marrakech Menara airport (RAK).

Ryanair runs a route from both Luton (LTN) and Stansted (STN)

EasyJet and British Airways both fly from London Gatwick (LGW).

Manchester or Bristol (BRS) to Menara is with EasyJet

The average flight time from London to Marrakech is 3 hours and 35 minutes.

You must have a valid passport with at least one blank page.

Visas are not required for visits lasting less than 90 days.

### Transfer Information

From Marrakech Menara airport to the retreat is around 40km

Transfers to and from the airport in Morocco are not included in the retreat price.

I will contact you once everyone is booked on, to guide you to your way to

the retreat centre and will put you in touch with people on the same flight, so you can share taxis. All transfer payments will be paid at the time of the stay in Morocco.

### What's not included

Flights

Tips for the staff

Spa treatments, all available and bookable on-site

Hammam €40 or 400 Dirham for 35 minutes

Massage €40 or 400 Dirham for 55 minutes

Transport from/to the airports in the UK and in Morocco

Travel insurance

Alcoholic beverages

Transport for outside of the arranged excursions (4x4 with driver is about 120€ per day)

Guides to go hiking



### Finally

I am foremost a Yoga Teacher, not a Travel Agent, I will endeavour to do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions, or if I have missed any information that you might need and I'd be delighted to assist.

### SEE YOU IN MOROCCO

Much love and light

Paula