

# MOROCCO

9th -16th September 2023

PART ONE

9th -13th September 2023

A sensory awakening in Morocco  
Yoga & qi gong retreat with Paula Malloy



# MOROCCO

The Moroccan sensory awakening yoga & qi gong retreat is set in the magical landscape of the Atlas mountains. The retreat is 30 km south of Marrakesh in the beautiful Ourika Valley.

Many different cultures, Berber, Arab, Spanish, and French, have all left their mark on Morocco 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 on retreat together in this magnificent country will be an enquiry to practice and explore what it means to live with a sense of wonder and beauty. As we invite ourselves to step onto the yoga mat, embodying a beginners mind in new and vast surroundings, we will look to our yoga practice to enliven our senses with Moroccan 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.





# MOROCCO

## About The Retreat

Set in a luxurious private residence that is all ours for the six days of the retreat.

The 20 acre estate is nestled within olive groves and walled gardens with spectacular views of the Atlas Mountains.

The retreat was designed by international architect Imaad Rahmouni in a style which combines exceptional space with the simplicity of Berber architecture.

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

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

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



# MOROCCO

## The practices

The yoga studio is fully equipped in its own building, with 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 & qi gong, with optional morning and evening meditation sessions.

All practices will be taught by Paula.

### Morning sessions

Are an exploration of body, mind and breath

Starting with meditation & pranayama practices, before moving through a morning wake up yoga flow, enjoying an exploration of traditional yoga postures and contemporary movements, leading into a guided relaxation at the end of each session.

### Afternoon sessions

A mellow, gentle and nurturing practice, which delves into the softening world of yoga fused with qi gong, yoga relaxation, yoga nidra, pranayama and meditation.

### Evening Sessions

Optional meditation sessions will be offered some evenings throughout the retreat.

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.



# MOROCCO

The retreat includes the main house extending over 1,200 sqm, plus five garden villas (about 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 stay.

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 can be served in a variety of outdoor locations and picnics can be prepared on request.

Relax

Specialist staff can be arranged for the private in-house Spa and Hamman.





# Facilities

## Swimming pool

Exceptional stone walled 18m x 18m pool with pool house and changing rooms, outdoor bar, barbecue with lunch and dining area.



## Hammam

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



## Tennis court

Clay court with club house and shower.



Traditional Berber tent  
For relaxation and meditation.

## Billiard room

With 3/4 size English table.



## Technical

Air conditioning and central heating throughout.

Office with computer and printer.

Wifi throughout the property. Sonos music system throughout the main house and pool house with iPod/iPad docking stations.



The bedrooms  
(about 100 sqm each), that are  
surrounded by stone terraces for  
sunbathing.







## ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 24 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 practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings.

I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. 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 - £1195pp

Single occupancy - £1525pp

A £300 deposit is required to reserve your place on Morocco PART ONE

The balance will then be due by 1st June 2023

To reserve your place, please email [heykarmayoga@hotmail.com](mailto:heykarmayoga@hotmail.com)

## **Cancellation notice (once received by myself)**

### **Forfeiture % of total booking fee**

More than or exactly 1 year before the date of your booking - 0%

Less than 1 year but more than or exactly 8 weeks  
before the date of your booking - 25%

Less than 8 weeks but more than or exactly 2 weeks  
before the date of your booking - 50%

Less than 2 weeks before the date of your booking -100%

If for any reason you are unable to attend the retreat, I will always try my upmost to find someone to take your place in the hope that I can offer you a full refund.



## 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

Table Massage €40 or 400 Dirham for 55 minutes

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

Travel / Cancellation / Pandemic insurance

Alcoholic beverages

Transport for exploring the medinas or Marrakech or the nearby villages (4x4 with driver is about 100€ per day)

Guides to go hiking

Any COVID testing, PCR or lateral flow tests. If you need to isolate in Morocco, please be aware this will be at your own cost.



### 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



# MARRAKECH

PART TWO

14th -16th September 2023

A sensory awakening in Marrakech

Yoga & qi gong with Paula Malloy





# MARRAKECH

The stay in the centre of Marrakech is an optional add on to your retreat.

Those wishing to discover the vibrancy within the old Marrakech walls, transfers will be arranged to take you to a traditional and authentic area of Sidi ben Sliman, inside the Medina walls.

Considered one of the top hotel riads in central Marrakech, our city retreat is a high-end, hipster hideaway that oozes 'cool' in the most genuine of ways. Known for attentive staff, personalised service and opulent surroundings, this riad is made with love.

So whether you're soaking up the story-telling street performers of the famous Jemaa El Fna square or browsing the brightly coloured markets near the riad, you couldn't find more conveniently located accommodation in Marrakech.



# MARRAKECH

Our stay in the riad embodies the spirit of traditional Moroccan decoration, architecture, mosaic and fabrics with cutting-edge, contemporary design. Every last detail in our riad, is placed with passion, history and art for a truly beautiful and authentic Moroccan experience.

What's included in your stay?

Bed and breakfast in the most wonderful, authentically Moroccan chic, ryad rooms

Local taxes

All yoga, qi gong and meditation practices during your stay

The evenings you will be free to experience the dinner and food sensations that Marrakech offers, we will go out in groups and the riad will show us where all the great restaurants are.



# MARRAKECH

A yoga & qi gong practice to enliven the senses

Our yoga & qi gong practices will take place underneath the shade of a terrace canopy on the rooftop of the riad.

Practicing from the rooftop is a great way to take in Marrakech's sweet, spicy aromas, with the Atlas Mountains as your backdrop, sunshine and a view of the town.

Daily schedule

Morning Yoga practice

Meditation

Pranayama focused hatha yoga practice

Breakfast

Free time / explore / massages / hammam / chill

Evening practice

Gentle yoga & qi gong, yoga nidra & meditation





# MARRAKECH



## **Nour Twin Room**

The first thing you notice when entering the suite is its amazing pure cedar-wood smell. Every piece of furniture is made of this elegant, aromatic wood. This room offerings a nice view over the courtyard with its trickling fountain.

**SHARED PRICE**  
£240 per person



## **Ennafora Suite Twin Room**

The suites have a stunning Moroccan style and Moresque aesthetics design with a huge antique fireplace.

**SHARED PRICE**  
£275 per person



## **Arab Suite Twin Room**

This suite has a crafted Moroccan chandelier, an arched veranda overlooking the plunge pool and a small intimate terrace to retreat to after an adventurous day.

**SHARED PRICE**  
£275 per person

# MARRAKECH



## **Sabba Junior Suite Double Bed**

This room is the honey suite.  
It has a small lounge making  
it suitable for an extra put up bed .

SHARED PRICE - £240 per person  
SINGLE OCCUPANCY - £415



## **Ennafora Suite Double Room**

The suites have a stunning Moroccan  
style and Moresque aesthetics designs  
with a huge antique fireplace.

SHARED PRICE - £275 per person  
SINGLE OCCUPANCY - £485

# MARRAKECH



## **Berber Deluxe Double Bed**

Berber style and culture immerse this room in a unique aura of glamour and serenity, through its rich and colorful textiles.

SHARED PRICE - £240 per person  
SINGLE OCCUPANCY - £415



## **Koubba - Twin Room**

Simple and elegant

SHARED PRICE - £210 per person



# MARRAKECH

Cost / investment in your well being & adventure

Please pick if you would like a sharing room, a single occupancy room or sharing a room as a couple.

All rooms allocated on a first come first serve bases and room prices are shown overleaf.

To book your stay in the old Marrakech city walls, the full price of the part two stay is required.

If you'd like to bring your partner along to any part or BOTH parts of the retreat, and they're not that into yoga, a no yoga class retreat price is available on request.

Please email me on [heykarmayoga@hotmail.com](mailto:heykarmayoga@hotmail.com) to book your place



## 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 14:00

Check out time is 12:00 noon

### Transfer Information

Those wishing to extend their stay for the two extra nights at the riad in Marrakech will be taken by mini bus from the first retreat centre to Marrakech. At the end of the two night stay in Marrakech, you will be taken by mini bus to the airport. Transfers are not included in the retreat price.

Transfers will be arranged nearer the time and I will contact you once everyone is booked on and I have an idea of how many people will be coming to Morocco and be able to issue you a guide to what the transfer prices will be.

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

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

Cancellation insurance

Alcoholic beverages

Transport for exploring Marrakesh

Any COVID testing, PCR or lateral flow tests. If you need to isolate in Morocco, please be aware this will be at your own cost.

### Finally

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I will always do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be.

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SEE YOU IN MARRAKECH

