

**4 Night YOGA RETREAT
'Exploring the Elements'
In Morocco
Monday 6th May- Friday 10th May
2019**

With Nicole Croft

Release and restore after a long winter with a four night retreat in Morocco, twenty minutes outside of Marrakesh.



VENUE-

The venue is a beautiful retreat hotel tucked away from the hubbub of Marrakesh on the outskirts of a traditional Berber village. In one direction are the snow capped Atlas mountains and in the other Marrakesh. A veritable oasis, the traditional pink stoned buildings are set in beautiful gardens full of banana tree lined paths, hibiscus, citrus trees and bougainvillea. There are two pools, one atop a sunny terrace and another set in a shaded garden, which is heated to 26 degrees all year round.



Accommodation-

Meandering corridors and beautiful courtyards lead to the Berber rooms which are all simple and beautifully decorated, with locally woven cushions, covers and wall hangings and stocked with specially made bath, shower and body products. Almost all the rooms have open fireplaces in either the bedroom or sitting room, in case the evenings are cooler.

There is the option to upgrade to a suite if you'd like. Please enquire with your booking.



Food-

There will be three meals a day on offer, all home made with fresh local ingredients and served buffet style. There will also be the opportunity to have dinner one night in a beautiful Riad in Marrakesh (at a small extra cost and by no means obligatory as dinner will still be available at the venue that night)

Yoga-

The yoga sessions will take place in both the morning and early evening in either the indoor or outdoor yoga shala. Wherever possible we will be outdoors. Mats and props are provided so there is no need to bring anything, unless you are especially attached to your own mat or want to bring a travel mat as an overlay.

The morning classes will be 2 hours of dynamic yoga which will combine creative sequencing, pranayama and longer held poses. In the evening there will be an hour and a half long restorative & yin practice, where we will hold poses for longer and cultivate genuine space in both body and mind. There will be a practice on the first evenings that we arrive and the last morning before we leave, to ensure we get the maximum yoga possible.



Travel-

The nearest airport is Marrakesh which has regular direct flights from the UK and other European cities. Transfers will be arranged from the airport to the venue. Arrival day is Monday 6th May and departure is the morning (after yoga and breakfast) on Friday 10th May. More details on flights once you have booked. As far as is possible please adhere to the retreat dates, particularly as this one is so short.

Prices-

Shared Occupancy in Berber Room £790

Single Occupancy Berber Room £950

Upgrade to suite- price on request & dependent on availability.

The price includes accommodation, three delicious meals a day as well mint teas and all yoga instruction. The transit from Marrakesh, extra trips into Marrakesh to shop and hammam & spa treatments are extra.

To secure your place, you will need to send me a 50% deposit, with the balance payable no later than six weeks before. The deposit is strictly non refundable, unless you find someone to take your place.

For more info or to book email Nicole@buddhabellies.co.uk or call 07533889236

'An incredible week - nourishing, nurturing & necessary.'

'One of the best and most beneficial weeks of my life on so many levels. Nicole is a constant inspiration'

'A truly amazing restorative experience. I cant recommend it more highly'

Yogis on my previous retreats

