

MOUNTAIN YOGA & MINDFULNESS RETREAT HOLIDAY MOROCCO

**13 TO 20 JULY 2019
(7 NIGHTS ALL INCLUSIVE)**



About our retreat

KASBAH DU TOUBKAL, a Berber Hospitality experience, is perched on a great rock outcrop above the village of Imlil in the High Atlas mountains. Just 90 minutes from Marrakech, the Kasbah is set within the Toubkal National Park below the towering flanks of Jbel Toubkal, the highest mountain in North Africa. It is a place of outstanding natural beauty, peace and seclusion.

As part of the location where Martin Scorsese filmed the movie Kundun about the Dalai Lama's life, the Kasbah is the ideal location for a yoga and mindfulness retreat.

The Kasbah has panoramic views of the mountains, valleys and waterfalls and is reached by a short walk (15 min) or mule ride from the village of Imlil. There are daily guided walks and the Kasbah has its own traditional *hammam*. The *hammam* is free to be enjoyed after yoga or a walk.

The classes will be suitable for all levels and experience (beginners and advanced students are all welcome).

All meals at the Kasbah are included and include a breakfast of delicious homemade juices, honey, yoghurts, pancakes, locally made breads, fresh fruit



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Trip reference: **KASYOG**

**7 Night All Inclusive Mountain Yoga
Retreat Holiday from 13 to 20 July 2019
(excluding flights and insurance)**

**STANDARD ROOM AT KASBAH DU TOUBKAL
(ALL EN-SUITE)**

SHARED TWIN
OR DOUBLE

£1,165 per person

SINGLE*

£1,556 per person

**SUPERIOR ROOM AT KASBAH DU TOUBKAL
(ALL EN-SUITE)**

SHARED TWIN
OR DOUBLE

£1,368 per person

SINGLE*

£1,962 per person

*Please book early as single places are limited to 2 on this trip.

and cereals will be served before class. Lunch and all evening meals are traditionally North African dishes. Vegetarian meals are provided as standard (however, meat, fish or vegan meals are available on request – please advise your preference at time of booking).

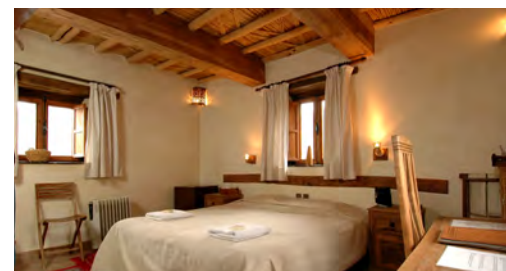




Photo: Sandra Donskyte



Photo: Stephanie Mohan



About your yoga and mindfulness teacher

Described as a “quiet storm,” Mia Forbes Pirie teaches regularly at London’s top yoga studio, Triyoga, and has her own online mindfulness course (<https://intelligentchange.life/practical-mindfulness/>). She is also a mediator, coach and Huffington Post blogger. Her teaching style is gentle, friendly and powerful. Mia has been a dedicated yoga and spiritual practitioner for more than 14 years. She has studied various styles of yoga, including spending four months in India with the founding father of Ashtanga Yoga and training in Yin Yoga with her now-mentor Sarah Powers. Mia’s teaching nourishes the body, heart and mind. She believes in starting where you are and moving towards your greatest potential.



Photo: Frank Klinckenberg

The yoga programme

Your seven nights will be spent at the Kasbah, where there will be two yoga and mindfulness classes on each full day and a guided walk, with one yoga free day. In the morning there will be a longer yoga practice including meditation and breathing. A guided walk will be on offer each afternoon followed by a gentle yoga and meditation session to help unwind tired muscles before dinner. The outside yoga space at the Kasbah takes in the mountain views while enjoying the fresh and pure mountain air. There is also an indoor yoga space. Yoga mats, blocks, belts, blankets and cushions are provided.

The classes will be suitable for all levels and experience (beginners and advanced students are all welcome).

What students say:

“I absolutely loved Mia’s yoga – it’s been a long time since I’ve felt this peaceful... Thank you for making me feel so comfortable there!”

Rachel Logan, Human Rights Lawyer

“The way Mia teaches and pays attention to everyone in the class is something I really value – I feel we are all special.” *Victoria Suer*

“Mia is one of Earth’s best human beings. Earth is very lucky to have her on board.” *Dallas Campbell, TV Presenter, Documentary Maker, Author of An Illustrated Guide to Leaving the Planet*

“I have really enjoyed Mia’s style of teaching and whilst I actually find yoga very, very, very (did I say very?) challenging physically and mentally (all that “letting go” and non-competitive thinking doesn’t come easy to me!) – I can really feel the benefit of giving myself the time and space to work on it – and more so from Mia’s approach to teaching the beginners sessions. So a huge thank you to you for your guidance, patience and explanations in the course so far. I have really enjoyed it.” *Priya Thukral, Recruitment Consultant*



Things to do

Whilst staying at the Kasbah you can enjoy walking in the Atlas Mountains, visiting the village of Imlil or relaxing on a roof terrace with a book in hand enjoying the views.

A daily guided walk is included each day while at the Kasbah and for the more adventurous longer treks can be arranged.

For those wishing to extend their stay* in Morocco, additional nights in Marrakech or Coastal Essaouira can be added separately on request.

**Extensions can be before or after the retreat.*

Accommodation

The ensuite bedrooms at the Kasbah are authentically Moroccan with generous, comfortable beds, cool sheets, hand-woven covers and cushions, tea- & coffee-making facilities, fridge.

Standard ensuite rooms offer twin or double bed accommodation, plus shower and WC wet room facilities.

Superior ensuite rooms offer twin or double bed accommodation plus bath with shower over and WC facilities, plus some private outside space.

Important Special Terms

This trip is subject to minimum number of 9 participants, maximum 20 (or 22 with no single places).

If minimum numbers for the trip are not reached by 31 January 2019, we will reimburse all monies paid.*

****Please do not book your flights until 31 January 2019, as we are unable to refund any flight costs. (However, we will advise you if we reach the minimum numbers prior to this date to enable you to book flights earlier.)***

Included in the price

- Accommodation, breakfast, lunch, and evening meals at the Kasbah, two yoga classes per day with one yoga free day.
- Guided mountain walks (for all levels)
- Group airport transfers** from and back to Marrakech.

***For those guests staying on longer in Morocco before or after, the transfer timings will be planned to fit in with flight arrival or departures of the main group.*

Payment terms

- 30% deposit is payable upon confirmation.***
- Balance payable by 06 May 2019.

****Please refer to our Trip Terms & Conditions for full booking details (available on request and provided at enquiry stage).*

Travel arrangements

(we are unable to book flights for you)

Easyjet (www.easyjet.com), British Airways (www.ba.com) and Ryanair (www.ryanair.com) fly direct to Marrakech from London.

CONTACT

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