

Oasis

Oct 28 - Nov 4 2017

Nourishing our creativity with Pauline Down and Michael Harvey
at La Maison Anglaise, Taroudant, Morocco

We have found refreshing our creative selves and restoring our connection with our deep sources of inspiration to be a valuable personal and professional investment.

Connecting with a different country and culture brings a particular quality to this process.

We are offering a special opportunity for you to join us in Taroudant to recharge.



La Maison rests in a beautiful part of Morocco and the local staff will link our group into a range of experiences and excursions to inspire and nourish our creative selves. There will be visits to the High Atlas mountains, a co-operatively farmed oasis and a range of community projects plus offers of various cultural experiences to choose from, including a trip to the local hamam.

We will draw on these trips to offer an opportunity to pause and allow our creative juices to be stimulated in the context of a supportive group. Using singing, bodywork, story, creative writing and journaling we'll weave a workshop that will help us to explore our creative vision and potential.

Michael tells traditional stories and leads workshops all over the world. He is nourished by the mythological and physical landscape of Wales, works in collaboration with artists in different forms and with the production company Adverse Camber. He also coaches and mentors emerging and established artists. www.michaelharvey.org

Pauline sings, composes, leads choirs and champions participatory arts in theatre, education, health and community settings as well as giving training and support to arts practitioners individually and in groups. www.paulinedown.com

Their collaboration brings a special quality to this workshop. They have both found La Maison Anglaise to be a deeply nurturing environment.



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Pauline Down and Michael Harvey - testimonials

Fantastic holiday, altogether well sorted, congrats! We couldn't get over how amazing the food was & how charming the staff. This was our first time in Morocco & it was a truly great introduction!

I just want to tell you that the holiday was completely magical and LOVED EVERY MINUTE! The staff were just amazing with nothing too much trouble and such fun.

Pauline was superb in her role - with amazing patience! Thanks so much for introducing us all to a holiday to remember.

The staff/guides were excellent, the food was very good and there were informative and interesting visits which the ordinary tourist would not experience. This was an experience of the real Morocco.

Michael and Pauline are brilliant workshop leaders; they pack so much into a short space of time...Relaxed, funny, friendly - you feel such confidence putting yourself in the hands of experts.

Michael was brilliant, fun, motivating and got the best out of everyone...a perfect blend of community, performance, stimulating teaching and relaxation.



Payment: The price for the week is £535, which includes all programmed workshop activities plus bed, breakfast & evening meals, 2 excursions (mountains /oasis + community projects), 2 cultural experiences (several options) and 'A Feast for the Senses'. Extra activities may be chosen and booked through the staff, with the amazingly knowledgeable guides.

Food: The excellent food is vegetarian with a small supplement for fish and meat-based meals if requested. Special diets are catered for. A small number of single rooms are available at a supplement of £120.

Booking: All booking arrangements are made with Jane Bayley
jane@holidays-with-heart.co.uk Chats by phone by arrangement.

You will need to arrange your own flights once Jane informs you it's time to, at which point you MUST take out holiday insurance to cover you against cancellation. To reserve your place, please fill in the form at <http://cecu.co.uk/bookings/> we will then confirm availability of room(s) and supply you with the payment schedule which is split into 3 parts to make it easier to budget. It's essential to book early in order that we can give you the go-ahead to book flights as soon as they're published, and thus save money. Early booking also ensures you get a place on these extremely popular holidays! The number of participants is limited to 16 and, if past experiences are anything to go by, the holiday will fill quickly, so it is advisable to book promptly. Email jane@holidays-with-heart.co.uk . More info www.holidays-with-heart.co.uk