

Yoga & Walking Holiday with Emma Leaf

Run by Holidays with Heart at La Maison Anglaise (Taroudant) www.holidays-with-heart.co.uk

11-18th September 2018

We are excited that Emma is going to lead another Yoga and Walking holiday with our lovely staff supporting her. A chance to enjoy the sun, practise Yoga to revitalise your mind, body and soul & walk in 2 contrasting places off the tourist trail with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history. Comfortable minibuses for transfers, excursions and tour.



5 Nights at our award-winning guest house, La Maison Anglaise, in the walled town of Taroudant

Familiarise yourself with the culture and relax on our roof terraces: choose to visit the markets, have a massage, a cookery lesson, visit the local steam baths and more. A trek in the mountains is included. www.Holidays-With-Heart.co.uk



Travel over the spectacular Tiz n Test Pass and visit Tin Mal Mosque.

The mountain pass ascends steeply, giving superb views around every bend. See photo on left. Stop for a picnic en route and visit the partially-restored Tin Mal Mosque – one of only 2 in Morocco that non-Muslims can visit.

2 Nights at Ouirgane in the High Atlas Mountains

Stay at small rustic hotel www.chezmomo2.com with fabulous walking, a pool and a terrace, ideal for practising Yoga out of doors in the gardens.

Total Cost per person: about **£587** (£394 before you go plus local payment of 2412 Dirhams - approx £193) includes accommodation for 7 nights in twin/double rooms (limited singles available for £135 extra), substantial breakfasts; vegetarian evening meals for first 5 nights; vegetarian, meat or fish for 2 nights (special diets catered for), Yoga tuition (2 -3 hours daily), therapeutic hammam treatments, a trek in the Anti Atlas from Taroudant, trip to community projects in the region, transfers to and from airports on arrival and departure from and to the agreed flights from and to London Stansted and transport and guiding on the 2 night/3 day tour (a total of 5 hours' driving plus any chosen local excursions from Ouirgane).



Excludes cost of flights (about £120 return), travel insurance, tips, lunches, 2 cultural experiences in Taroudant (chosen from several). *Each accommodation has a suitable space for practising yoga out of doors, so in the unlikely case of rain, the timings of yoga practice might need to be changed.*

Bookings: Limited places available. Book early to get good flight prices, but please do NOT book flights until we give the go-ahead! Request a place at www.cecuc.co.uk/bookings We will then send you the payment schedule (split into 4 installments. £100 deposit) & then we send lots of useful advice- we have 20 years' experience behind us.

More Information: on Morocco please contact jane@holidays-with-heart.co.uk or www.Holidays-With-Heart.co.uk or on Yoga Emma on infiniteenergyyoga@icloud.com or www.infiniteyoga.co.uk