

# Exotic Cultural Holiday in Morocco

January 2-9<sup>th</sup> 2018

Yoga with Lisa Taylor



Escape the British weather to enjoy sun, good food, an exotic culture and environment and daily sessions of yoga at our award-winning, comfortable, sustainably-run traditional guest house in an ancient walled market town nestled in the fertile Souss Valley between the High Atlas and the parched Anti-Atlas bordering the Sahara and an hour's drive from the coast in Southern Morocco. More at [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk) We are pleased have Lisa Taylor teaching the yoga for the third year running for us [www.lisasyogaforall.co.uk](http://www.lisasyogaforall.co.uk)

*"I am full of admiration for your enterprise in Morocco and the work you have done to ensure a visit to Morocco makes you feel on leaving that you have begun to get to know the flavour and character of the country in a way impossible with a conventional holiday. Lisa was a lovely teacher full of enthusiasm and did a fantastic job" J Cartridge, January 2017*

*"If only there were more places like this, a medina house run by locals offering a rare glimpse into Moroccan life. They offer skilled guides, exciting cultural experiences and delicious Moroccan meals."*

## **Lonely Planet**

- Support of 8 charming Moroccan staff experienced in running successful group holidays
- A wide choice of other authentic activities including involvement with charitable projects
- Substantial pre-visit information and support in the UK
- A chance to buy some beautiful handcrafted items, food and other delights in the souks
- Explore the fascinating culture with the help of delightful guides; option to trek, laze in the sun
- 2 daily sessions of yoga and meditation in a small group. Yoga mats and blocks supplied
- Feel safe thanks to the care of the staff, good medical facilities nearby, safe water as well as the town being small, relaxed and friendly with few tourists.
- Good value for money and payment in 3 installments to help with budgeting

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*"I cannot praise the staff highly enough for their care and attention, the superb food, the beautiful roof terrace, the rooms all so lovingly furnished and your organisation of the most wonderful trips on offer. We all came to love the staff and to see the staff dancing to the Berber music was a joy.... the house became like a real home and we all felt we had had a Moroccan experience which was so much better than staying in a hotel"*

*"I'm still feeling "homesick" for La Maison Anglaise, all the lovely staff and the wonderful experiences I had. I had never been out of Europe before and this was a great way to be introduced to Moroccan culture - I always felt there were people around who could give me helpful and accurate information if I needed it"*

*"I wanted to thank you once again for the wonderful week. I found it a real privilege to be in Morocco with such a dedicated team who care for the country and people so deeply."*

*"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."*



**Cost includes: £515** for: airport transfers to and from the agreed flight to Agadir, accommodation for 7 nights in twin/double rooms (singles may be possible for a £120 supplement), substantial breakfasts; vegetarian evening meals (meat or fish available for a small supplement, 2 cultural experiences (chosen from several), 1 specific excursion (a trek is optional at extra cost of £20-£25), twice daily yoga practice including meditation with the option of going into silence overnight on some of the nights, and "A Feast for the Senses" celebration. **Optional extra activities** include live music and dancing with local Berber Women's band, wildlife, crafts, cookery, massage & hammam therapy.

**Cost excludes:** Inexpensive direct flights from London Gatwick to Agadir (**from £70 return** if booked early) , travel insurance (must include cancellation cover), trek and extra meals or activities and tips (which are important in Moroccan culture)

**To reserve your place or make enquiries** about the holiday, go to [cecu.co.uk/bookings](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 wise to book early in order that we can give you the go-ahead to book flights as soon as they're published (in April), and thus save money.

**We will confirm when flights may be booked**