

Yoga & Walking Holiday with Emma Leaf

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

17-24th March 2018

An exciting journey through the south of Morocco to enjoy the sun, Yoga to revitalise your mind, body and soul & walk in 3 contrasting places off the tourist trail with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history.

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

A chance to familiarise yourself with the culture: visit the markets, have a massage, a cookery lesson, visit the local steam baths. Includes a trek in the High Atlas Mountains.



1 Night at Tissint Desert Camp

Travel via the remarkable Jbel Sirwa near Taliouine, the saffron capital of Morocco, where you will stop for a walk. Arrive at a beautiful encampment surrounded by amazing rocky landscapes. Experience the night sky and practise Yoga on the natural terrace by the tents. Travel through the rocky desert.

3 Nights at Tafraoute in the Anti Atlas Mountains

A small hotel in the Ameln valley with fabulous walking outside the door, a pool and a terrace and easy access to sites such as the Blue



Rocks and prehistoric rock carvings. Practise Yoga in the captivating surroundings.

Right: Hotel & Pool. Below: Kasbah Tizourgane in the Anti Atlas Mountains where a stop can be made en route to the airport.

Cost per person £550 includes accommodation for 7 nights in twin/double rooms (limited singles available for £150 extra), substantial breakfasts; vegetarian evening meals for first 3 nights; vegetarian, meat or fish for 4 nights (special diets catered for), 2 cultural experiences in Taroudant (chosen from several), Yoga tuition (2 -3 hours daily), a trek in the High Atlas from



Taroudant, transfers to and from Agadir airport (55 minutes) to/from the agreed flight from London Stansted and transport and guiding on the 4 night tour (a total of 9.5 hours' driving over 5 days).

Excludes cost of flights (about £160 return now- March 2017), travel insurance, tips, lunches. *Every 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