

# Exotic Cultural Holiday in Morocco

September 20–25<sup>th</sup> 2018

Yoga with Patricia Olabre

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)



1 Taroudant Town Walls

We are pleased to welcome Patricia Olabre to La Maison Anglaise for the first time.

*"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." 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 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 instalments to help with budgeting



*"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"*

**Cost of £425 plus 625 Dirhams (about £50) payable in Morocco for Package includes:**

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5 nights' accommodation in twin/double rooms (limited singles available for a supplement of £95)  
Daily breakfast and vegetarian dinner (meat and fish available at a supplement)  
2 excursions (High Atlas Berber village and walking and seeing nature in the High Atlas Mountains)  
2 cultural experiences (steam baths treatments and cookery lesson)  
Airport transfers to and from Agadir airport on the designated flights with guest house's own excellent drivers (other times & airports possible at an extra fee)  
Feast for the Senses celebration on your last night  
Yoga sessions twice a day (2.5 hours daily)

**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) **Optional extra activities** include argan oil massage.



*"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."*

## **Provisional Itinerary**

**Day 1 (Thurs)** Early flight from Gatwick. 55-minute transfer from Agadir airport. Lunch on arrival. Introductions. Afternoon: Visit to the hammam steam baths. Yoga in the late afternoon

**Day 2 (Fri)** Yoga in the morning. Outing to High Atlas Berber villages and to see community projects  
Yoga in the late afternoon/early evening

**Day 3 (Sat)** Yoga in the morning. **Optional:** Visit to the superb Claudio Bravo gardens, palace and museum. Cookery lesson in the afternoon. Yoga in the late afternoon/early evening

**Day 4 (Sun)** Yoga in the morning. Walking and seeing nature in the High Atlas Mountains around Afensou – a little visited and verdant part of the High Atlas. The walks include panoramic views of the peaks, walks through oasis gardens, a gorge with pools where you can swim if there is enough water, and beautiful traditional villages. Yoga in the late afternoon/early evening

**Day 5 (Mon)** Yoga in the morning. **Optional:** Guided shopping in the souks  
Yoga in the late afternoon/early evening  
Feast for the Senses celebration after supper

**Day 6 (Tues)** Travel back to Agadir for flight which arrives in London mid-afternoon

**To reserve your place or make enquiries** about the holiday, go to [www.cecuc.co.uk/bookings](http://www.cecuc.co.uk/bookings)  
We will then confirm availability of room(s) and supply you with the payment schedule which is split

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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, and thus save money. We will confirm when flights may be booked.

Any queries please don't hesitate to arrange to talk to Jane or Christine **01239 615499** who collectively have 30 years' experience of travel to Morocco or email: [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk)