

# La Maison Anglaise – Exotic Cultural Holidays in Morocco

## Mindful Women in Morocco with Lorraine Sherman

12<sup>th</sup> – 19<sup>th</sup> March 2019

- Escape the British weather to enjoy some real sunshine, an exceptional menu of local healthy food, and an exotic culture and environment at La Maison Anglaise - an award-winning, comfortable, sustainably-run traditional guest house. More information at: [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)
- Lorraine is an experienced 'Mindfulness facilitator' and therapist. She is delighted to be bringing her enthusiasm and skills to Morocco again in 2019. She has offered 3 previous successful weeks and participants felt both relaxed and energized, finding great benefit in practising being mindful and bringing that awareness to all activities.
- Based in Taroudant, an ancient walled market town little visited by tourists. Enjoying the best winter climate in Morocco due to its southerly setting in the fertile Souss Valley, it sits between contrasting mountain landscapes: the majestic High Atlas and the extraordinary Anti-Atlas bordering the Sahara and just an hour from the Atlantic coast.

*"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 English-speaking Moroccan staff experienced in running successful group holidays
- A wide choice of other authentic activities including option to support charitable projects
- Substantial pre-visit information and support from owner with 20 years' experience of Morocco
- A chance to buy some beautiful handcrafted items, food and other delights in the souks.
- Feel safe thanks to the expert care of the staff, good medical facilities (no compulsory vaccinations), **safe water** and excellent pre-departure advice and information. The town itself is small, relaxed and friendly with few tourists. Good WiFi and mobile network – should you wish to use it!



**Cost includes:** £550 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, twice daily mindfulness practice including going into silence at certain times, 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 and a trek; prices are shown here [www.cecuc.co.uk/price-list-2016-2017/](http://www.cecuc.co.uk/price-list-2016-2017/)

**Cost excludes:** Inexpensive direct flights (**from £70 return** if booked early) from London to Agadir, which is only 50 minutes' drive from us so preferable to Marrakech (3.5 hours away); travel insurance (must include cancellation cover); extra meals or activities and tips (which are important in Moroccan culture)

**How to Book** Early booking ensures cheaper fares and that you get a place. 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 into 3 parts to make it easier to budget. Any enquiries about Morocco: [www.cecuc.co.uk/contact](http://www.cecuc.co.uk/contact) We will email you to confirm that it's time to book your flight. If you'd like to find out more about Lorraine and her work email her at [Lorraine.sherman@hotmail.co.uk](mailto:Lorraine.sherman@hotmail.co.uk). Tel 07790 724240

*Thank you and your whole team for making us feel so welcome at La Maison Anglaise and for looking after us in such a lovely and mindful way. The week in Taroudant and all the experiences I had will stay with me, and, in particular, the wonderful birthday cake you presented me with and the surprises for all our senses which were inspirational!! Galant November 15*



*Thank you for looking after us with so much care and attention, with humour, gentleness and dedication. It's been a privilege to stay at La Maison Anglaise A Mindfully Morocco participant November 2015*

Holidays with Heart

Voted Top 10 in the World: Lonely Planet Eco Stays 2014, Vege News Vegetarian Holidays 2005  
Responsible Tourism Trophy for Community Project Work 2009. Green Key Certified 2012–now