

Exotic Cultural Holiday in Morocco

22 – 29 January 2019

Yoga with Louise Cook



Daily sessions of yoga will be taught at our award-winning, comfortable, sustainably-run traditional guest house in the ancient walled market town of Taroudant which lies in the fertile Souss Valley between the High Atlas Mountains and the parched Anti-Atlas bordering the Sahara and an hour's drive from the coast in Southern Morocco.

See www.holidays-with-heart.co.uk

Louise teaches hatha based, Scaravelli inspired yoga. This is a deep, kind and integrative practice, a time to relax and unwind as well as find clarity, strength and

flexibility, peace and healing. It is suitable for all abilities.

"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

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



"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

Voted Top 10 in the World:

Lonely Planet Eco Stays 2014; Vege News Vegetarian Holidays 2005
Responsible Tourism Trophy for Community Project Work 2009

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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" Louise Waugh, leader

"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: £500 for: airport transfers to and from the agreed flight to Agadir, accommodation for 7 nights in twin/double rooms (limited 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 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 and a trek; prices are shown here www.cecuc.co.uk/price-list-2016-2017/

Cost excludes: Inexpensive direct flights (**from £70 return** if booked early) from Manchester 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 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. **We will confirm when flights may be booked.**

Further Information We will send you very detailed pre-visit information. If you'd like to find out more about the yoga contact Louise on jlhcook@gmail.com

To ask more about Morocco go to www.cecuc.co.uk/contact/

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