

Self-Renewal Women's Retreat and Cultural Holiday in Sunny Morocco

An oasis of rest.... A delight for the senses... Remembering the Joy

September 25th - October 2nd 2018

with Olivia Seck and the Radiant Mama Team



Caring for others or combining motherhood with work outside the home can leave us depleted and going through the motions of life rather than experiencing the Joy of it.

This exotic trip combines:

- A truly Magical Holiday with amazing excursions and experiences (optional)
- Daily coaching with Olivia, holistic women's coach and founder of Radiant Mama.
- Deeply restorative practices that soothe the nervous system and balance/energise the body and therapeutic Yoga with Uma Yogini Oliver.

You will return home, not only relaxed, renewed and inspired, but also with new insights and empowered to make lasting changes in your life. Optional one to one or group follow up support is available.

The Team:

Olivia has been supporting and empowering women and families for over 25 years, as a birth practitioner and trainer, a women's counsellor and holistic women's coach. Her commitment to creating community has included organising holistic family holidays for many years and founding Radiant Mama in 2008.



'Olivia possesses a very rare gift of deep intuition and an ability to navigate and guide a situation with no judgement, only love and respect, leaving the women and men she supports feeling empowered and ready to take on the challenges that their lives will throw at them with solid tools in place and self care at the core'. Savannah Miller

Uma has been working in the field of wellbeing for 20yrs, specialising in therapeutic yoga and holistic therapies. Women's wellbeing through the lifecycles has been an area of interest for some time with pregnancy, postnatal and womb focus.

Sarah is a birth practitioner and co-hosts the weekly radiant mama groups bringing her strong and steady support as well as a wonderfully nourishing presence.

Our Hosts: Holidays with Heart. Below: Pictures of La Maison Anglaise, terrace & food.



We will spend 7 nights at the award-winning guest house of Holidays with Heart, in the delightful small town of Taroudant, well away from mass tourism, but under an hour from Agadir airport. Holidays with Heart have top ratings for responsible tourism including sustainability (Green

Key certified) and active support for local community, craft and conservation projects, which you will have a chance to visit. They organise our entire visit, with their own highly experienced drivers and guides and offer an **exceptional menu** of local healthy food. See more at www.Holidays-With-Heart.co.uk

Lonely Planet 2017 lists this holiday experience, guest house and staff as a 'Must Visit Recommendation'

Cost: Amazing value! The cost of **£450** includes accommodation for 7 nights at La Maison Anglaise in twin/double bedroom (singles may be possible for £120 supplement), airport transfers from and to Agadir airport on the agreed flights, delicious breakfast and evening meal, a "Feast for the senses" on the last evening and the support of the wonderful Moroccan staff and tuition. *Dinners at La Maison Anglaise are vegetarian, with meal and fish available for a small supplement of 20 dh (about £1.60)*

Cost excludes: travel insurance, tips, additional activities, lunches and flights. Flights from the UK cost from £100 return.

The Activities: Holidays with Heart offers a wide range of activities to support your relaxation including argan oil massages, therapeutic and fun visits to the hammam and much more for fair prices www.cecuc.co.uk/price-list-2016-2017

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 3 instalments. £100 deposit) & then we send lots of useful advice - we have 20 years' experience behind us.

Sun, glorious sun: Enjoy **the best winter climate in Morocco** due to its southerly setting in the fertile Souss Valley, the source of an abundance of fruit and vegetables, it lies between contrasting mountain landscapes: the majestic High Atlas and the extraordinary Anti-Atlas which border onto the Sahara.

The People: Support of 8 charming English-speaking Moroccan staff experienced in running successful group holidays. *Photo of our staff*



below

“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

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
Explore the fascinating culture with the help of delightful guides or choose to laze in the sun

Feel safe thanks to the care of the staff, good medical facilities (no compulsory vaccinations), safe water as well as the town being small, relaxed and friendly with few tourists and Morocco's record for safety. Good WiFi and mobile network. Short, inexpensive flight. Compared with Europe, better value for money
More Information on Morocco, travel and the itinerary contact jane@holidays-with-heart.co.uk or phone (UK) 01239 615499. Request a place at www.cecu.co.uk/bookings