

Yoga and Cultural Holiday with Yoga taught by Joy Prater

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

23rd-30th April 2019



An exciting journey through the south of Morocco to enjoy in 3 contrasting areas off the tourist trail with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history.

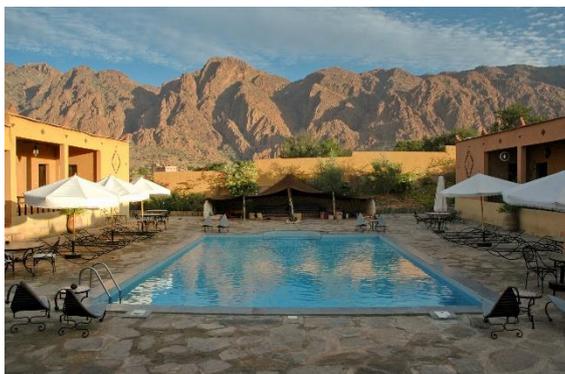
4 Nights at our award-winning guest house, La Maison Anglaise, in the walled town of Taroudant

A chance to familiarize yourself with the culture:

visit the markets, have a massage, a cookery lesson, visit the local steam baths. Includes optional trek in the High Atlas Mts.



1 Night at Tissint Desert Camp



Travel via the remarkable Jbel Sirwa near Taliouine, the saffron capital of Morocco. Stay at a beautiful encampment surrounded by amazing rocky landscapes. Experience the night sky. Next morning in the area then after lunch travel through the rocky desert.

2 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.

Hotel & Pool.

Cost per person £587 includes accommodation for 7 nights in twin/double rooms (limited singles available for £150 extra), substantial breakfasts; evening meals for 7 nights (special diets catered for), 2 cultural experiences in Taroudant (chosen from several), tuition in yoga; transfers to and from Agadir airport (55 minutes) to/from the agreed flight and guiding on the 4 day/3 night tour (a total of 9.5 hours' driving over 4 days).

Kasbah Tizourgane in the Anti Atlas Mountains where a stop can be made en route to the airport.

Excludes cost of flights (about £100 return if booked soon), travel insurance, tips, lunches.

About Joy Trained at the Devon School of Yoga (500 hours), she teaches gently (and joyfully!); she is affiliated with Independent Yoga Network.



To Book or Express an Interest: 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.ceu.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: about Morocco please contact jane@holidays-with-heart.co.uk or visit www.Holidays-With-Heart.co.uk or about yoga contact Joy joyfulprater@yahoo.co.uk or phone 07726523129

