

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

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

September 17-24<sup>th</sup> 2019

with Olivia Seck and Uma Yogini Oliver



This exotic trip combines:

- A truly Magical Holiday with amazing excursions and experiences (optional)
- Coaching with Olivia, holistic women's coach and founder of Radiant Mama.
- Therapeutic Yoga with Uma Yogini Oliver.

The theme this year is "Being a woman in 2019".

Over the past 100 years huge changes have taken place for women, especially, but by no means exclusively, in the West. Beyond the many roles we now play in the world, how do we experience life as women in 2019?

What would fully living our womanhood look like, feel like?

How can we embody more of the essence of Woman in our everyday life?

We will explore this theme together in our coaching and with Uma, who will lead us in yoga practices for women's well being.

You will return home not only nourished, relaxed and refreshed but with a deeper clarity and confidence in who you are as a woman.

### 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 facilitating women's circles, organising holistic family holidays and founding Radiant Mama.

*'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. .

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



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-present

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](http://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 **£460** 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 meat 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 £70 return if booked early.

**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](http://www.cecuc.co.uk/price-list-2016-2017) See our blog <https://www.radiantmama.co.uk/blog/we-made-it> for more info about the experiences of our group last year.

**Bookings:** Limited places available. Book early to get good flight prices, but please do NOT book flights until Holidays with Heart gives the go-ahead! Request a place at [www.cecuc.co.uk/bookings](http://www.cecuc.co.uk/bookings) We will then send you the payment schedule (split into 3 instalments. £100 deposit) & 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*

## Holidays With Heart

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**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](mailto:jane@holidays-with-heart.co.uk) or phone (UK) 01239 615499. **Please request a place or show interest soon** because we already have a lot of interest & **it's best to get cheap flights as they are published in mid Nov (we will inform you the day they are published if enough have signed up by then)** Sign up at [www.cecuc.co.uk/bookings](http://www.cecuc.co.uk/bookings)

**Feedback from the week in 2018** *It was a wonderful week - lovely company, comfortable accommodation and delicious food. The staff at La Maison Anglaise were so helpful and welcoming. I loved the balance between activity and rest and how we could change it for ourselves at any time. Some of us fitted in so much and some (like me) really enjoyed some space and stillness. I really appreciated the yoga sessions that Uma led and definitely benefited from them. Olivia's coaching sessions were very thought provoking and really helped me re-connect to what I need to prioritise for myself. And on top of all of that was the excellent company of all the women - we all got on so well! A big THANK YOU to Olivia for getting us all together and making this happen! Sarah 😊xxx*

*My experience was full of adventure. Exploring the streets of Taroudant - on foot and via the horse drawn cart, learning about the agriculture along the walk to the oasis, smashing argan nuts with rocks, waking up and checking into my body with yoga and tapping, and tasting all of the unique flavours of the Moroccan food. Visiting the orphanage was a humbling experience and I was so happy to be able to take them some donations of nappies and clothes to help them. Cuddling the babies was lovely. Sharing some love with them. The argan cooperative was inspiring to see. Women gaining independence and autonomy through working hard and reaping the benefits. I was happy to buy some products to support them. The staff at La Maison Anglaise were so lovely and helpful. Nothing seemed to be too much trouble. Even taking us all to the souk shopping!! Finally, what a wonderful group of women I was lucky enough to share this special week with. I felt relaxed and comfortable to just be myself and share with everyone. Thank you, Olivia, for facilitating this opportunity and experience. I will treasure it and take forward the guidance I received. I am already seeing the benefits in my interactions with my boys.*

xxxx Kirsten

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