

Replenish and Renew Yourself through Poetry and Stories:
"This being human is a guesthouse, everyday a new arrival" Rumi
Cultural Holiday with Lorraine Sherman
12-19th March 2019



This week offers a wonderful opportunity for an enjoyable experience of **exploring stories of your life, story traditions of Morocco and discovering poem(s) that is/are meaningful to you.**

The week is open to all, but with a focus on those with busy lives who need to **rest and refocus.** It can be Professional Development for those in helping professions or simply an opportunity to be creative and relax.

Lorraine is a teacher of Creative Mindfulness and a Therapist. She has studied 'Poetry as a Soul Journey' with Kim Rosen. She is a regular leader at La Maison Anglaise.

A major creative project, building a new "Holidays With Heart" guest house as an example of best practice in sustainability might form another thread in the stories. (Jane the founder of the guest house will be there directing the building project).

Escape the British weather to enjoy sun, the exceptional menu of local healthy food, an exotic culture and environment at an award-winning, comfortable, sustainably-run traditional guest house. www.holidays-with-heart.co.uk



Based in Taroudant, an ancient walled market town little visited by tourists and with shopper-friendly souks to which you may be introduced by one of our staff.

Enjoying 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 (bordering the Sahara). Only an hour's drive from the sandy, rocky and marshy habitats of the Atlantic coast

Support of 9 charming English-speaking Moroccan staff experienced in running successful group holidays. Read our outstanding Trip Advisor Reviews [here.](#)



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

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

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Explore the fascinating culture with the help of delightful guides; option to trek or laze in 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. Good WiFi and mobile network.

Short, inexpensive flight; 50 minute road transfer with our own safe drivers. Compared with Europe, better value for money



"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



Cost of £370 includes: airport transfers to and from the Gatwick flight to Agadir (you can be picked up from other flights at cost); B&B accommodation or 7 nights in twin/double rooms (single occupancy may be possible for a £120 supplement or less); substantial breakfasts; 2- 3 hours tuition per day (in 2 sessions usually) with one day off for journal writing or rest etc. **Optional extras:** vegetarian evening meals @ 110 MAD (about £9) (meat or fish available for a small supplement) crafts, cookery, massage & hammam therapy and a trek; prices of extras at www.cecuc.co.uk/price-list-2016-2017/

Cost excludes: Inexpensive direct flights (**from £80 return** if booked soon) from London Gatwick to Agadir (options from Manchester), 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)

"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."

How to Book. 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.



Further Information We will send you very detailed pre-visit information. More about the **workshops** please contact Lorraine on lorraine.sherman@hotmail.co.uk or to ask Jane or Martyn more about Morocco please email jane@holidays-with-heart.co.uk or phone 01239 615499 (8.30am-2.30pm Mon-Fri); Skype any time

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