

Holiday to Morocco 2019

with Jane and Chrisandra

10 days of gentle sunshine, morning yoga, afternoon trips or relaxation and evening dancing.

20th – 30th November with Chrisandra

30th November – 10th December with Jane and Chrisandra

(dates are approx. will be confirmed when flights are released)



Stay for 8 nights at the new La Maison Ecolodge with natural pool and gardens by the fascinating ancient walled city of Taroudant. Taroudant is an ancient walled market town in the fertile Souss Valley, between the High Atlas and the Anti-Atlas Mountains. La Maison Anglaise is an award-winning eco-guest house with beautiful traditional rooms, a roof terrace with lovely views, delicious fresh traditional food (vegetarian, with options for meat or fish) and kind, knowledgeable Moroccan staff. Visiting La Maison Anglaise is like staying with your favourite Moroccan family. We will also travel over the spectacular Tiz n Test Pass and stay for 2 nights at Ouirgane ecolodge in the High Atlas mountains. Here there is also a swimming pool and the chance to explore and walk or just relax.

There will be yoga most mornings and some evenings, on the terrace or in the gardens. Jane and Chrisandra share holistic hatha yoga based on the concept of improving total wellbeing; physical, mental, emotional, energy and spiritual spheres. The yoga classes are suitable for everyone regardless of whether or not you have practiced yoga before and are most definitely not about being flexible or bendy.

There will be dancing most evenings after our evening meal and possibly spontaneously at inspiring venues. Chrisandra has been teaching world dance for thirty years and has a huge repertoire of dances from around the world, with a particular interest and knowledge of Greek, Armenian, Turkish and central Asia dances. She will also be sharing beautiful dance meditation dances, thoughtful dances to world music.

The theme of this year's holidays is **Exploring Berber Culture**. We will learn about the culture of the gentle and hospitable Berber people, enjoy a visit to a traditional Berber village, see and dance to two women's Berber bands, take walks in the mountains, visit Berber markets with traditional handicrafts (a new way to do your Christmas shopping) and enjoy the warm winter sunshine. All activities including the dance and yoga are optional.

A unique way to experience the real welcoming Berber hospitality off the tourist trail with delightful educated guides and drivers. Comfortable minibuses for transfers, excursions and tour.



Total Cost per person: £788 (£100 deposit, then 2 instalments before you travel and a local payment when you arrive) some single rooms available at a supplement.

Includes accommodation for 10 nights; breakfasts; vegetarian evening meals for 8 nights; vegetarian, meat or fish for 2 nights (special diets catered for), Yoga and Dance tuition; hire of yoga mats, airport transfers; excursion to Dounia's High Atlas village; talk on Berber culture; 2 women's Berber music bands; 3 day/2 night tour.

Excludes inexpensive flights from/to Manchester (which usually cost under £100 return), travel insurance, tips, lunches. Optional activities.

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.ceu.co.uk/bookings We will then send you the payment schedule (split into 4 instalments with £100 deposit) & then we send lots of useful advice- we have 20 years' experience behind us.

Organised by **Holidays with Heart** www.holidays-with-heart.co.uk

