

## Yoga and Cultural Holiday with Yoga taught by Louise Cook

Run by Holidays with Heart at La Maison Anglaise (Taroudant) [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)

7-14<sup>th</sup> January 2020

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. Explore with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history.

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Louise teaches hatha based, Scaravelli inspired yoga. This is a deep, kind and integrative practice, a way to relax and unwind as well as find clarity, strength and flexibility, peace and healing. It is suitable for all abilities.

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 (beyond which lies 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 reviews** [here](#)

A **wide choice of authentic activities** 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 and other delights.



*"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*



Explore the fascinating culture with the help of delightful guides; option to trek or 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. Good WiFi and mobile network. Short, inexpensive flight; 50 minute road transfer with our own safe drivers. Compared with Europe, better value for money.

*"It was the most wonderful experience. We were met with warmth, companionship, friendliness and openness by all the staff and the Moroccan people everywhere we went in Taroudant and its environs. The trips were always led by local people with a connection to, and affection for, La Maison Anglaise, which meant we got to do and see things most tourists wouldn't. So many unforgettable experiences. I would recommend anyone to visit. You'll be safe, well-fed, entertained and made to feel part of a very loving family". Barbara W who was on Louise's 2019 holiday*

**Many more fabulous reviews on [Trip Advisor here](#).**

*"The twice daily yoga sessions with Louise were friendly and welcoming and Louise always made a point of encouraging those of us who might have felt unable to achieve the more advanced poses without making anyone feel inadequate. Her gentle, respectful approach set the tone for the week and there was a very special feeling within the group as we followed her lead, enjoying the warm Moroccan sunshine, the occasional storks flying overhead and the call to prayer from the local mosque. The yoga nidra in the evening was the perfect way to relax after our days exploring the Atlas Mountains, the Berber villages and the local souks. Louise's gentle voice was very calming and we all slept much better for it"* Jane M who was on Louise's 2019 holiday with Louise.

**Photo on right: Louise**



**\*\*Cost £510 plus 1250 MAD (about £100) payable in Morocco**, covers 7 nights in twin/double rooms (singles may be possible for a £140 supplement), substantial breakfasts; vegetarian evening meals (option of meat or fish for small supplement. Special diets catered for) 2 cultural experiences (chosen from several), 2 named excursions, workshops, "A Feast for the Senses" celebration, at least 2 hours singing daily and airport transfers to/from Agadir on designated Manchester flight. **Excludes** cost of flights (about £70 return if booked early), travel insurance, tips, lunches.

**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](http://www.ceu.co.uk/bookings)

We will then send you the payment schedule (split into 4 installments. £100 initial deposit) & then we send lots of useful advice - we have over 20 years' experience behind us.

**More Information:** about Morocco please contact [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk) or visit [www.Holidays-With-Heart.co.uk](http://www.Holidays-With-Heart.co.uk) or about yoga contact Louise at [jlhcook@gmail.com](mailto:jlhcook@gmail.com)

**\*\* Note.** We reserve the right to amend the cost of the holiday if the exchange rate is severely and adversely affected by factors beyond our control such as Brexit. Costs are calculated at least a year in advance and can cater for normal exchange rate fluctuations, but not extreme, sudden changes that may occur in these politically uncertain times. The good news is that the Moroccan Dirham has been much less volatile than the Euro in relation to the GBP!



## 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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