

Yoga, Creativity and Cultural Holiday with Ruth Wheeler

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

9-16th May 2020

A chance to exercise your body and be creative whilst enjoying with the exceptional menu of local healthy food, an exotic culture and environment at an award-winning, comfortable, sustainably-run traditional guest house with exceptionally caring staff. Explore with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history. www.holidays-with-heart.co.uk



About Ruth is an experienced Artist and Sculptor, creating sculptures and teaching to a variety of community groups in Surrey for 25 years as well as running creative retreats.

She will weave a creative project throughout the holiday. We will be inspired by visiting and working with local Artisans and work on an optional creative journal /sketch book during the week.

Ruth is also qualified Yoga teacher with Seasonal Yoga and will guide you with a daily morning yoga practice as well as one evening candle lit yoga nidra session, one mindfulness, and one pranayama and meditation.

Ruth's gentle, explorative and fun style is great for beginners and intermediates. She loves for her students to feel what is right for their bodies and feel rejuvenated, well stretched and relaxed after her yoga classes.

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.



****Cost £565 plus 1250 MAD (about £100) payable in Morocco, covers 7 nights in twin/double rooms (some singles 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), An excursion to Berber Villages in the High Atlas where you see potters at work & much more, workshops (at least 22 hours yoga and creative activities during the week), "A Feast for the Senses" celebration, and airport transfers to/from Agadir on designated Gatwick flight (or you may fly from Stansted – extra taxi in Morocco at cost of about £44 for 4). Excludes cost of flights (about £70 return if booked early), travel insurance, tips, lunches.**



Left & right photos: Ruth

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.cecuc.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 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 & creative element contact Ruth on ruthwheeler.sculptit@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**

www.holidays-with-heart.co.uk

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