

## Yoga and Cultural Holiday with Yoga taught by Joy Prater

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

14-21<sup>st</sup> January 2020

Escape the British weather to enjoy sun, the exceptional menu of local healthy food, an exotic culture and environment at our new ecolodge born out of our 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. [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)



Trained at the Devon School of Yoga (500 hours) and affiliated with the Independent Yoga Network, Joy teaches gentle yoga in a style that is accessible for all, combining asana (postures), flowing exercises, and meditation, with the breath. Each class will include postures and exercises that can be modified for each individual, depending on ability and familiarity with yoga. The morning practice will be more dynamic, waking the body up, while the evening will include gentler longer-held postures, stillness and yoga nidra (relaxation).

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. Prices of extras may be found [here](#).

**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"***

**Photo on right: Joy**

*“Yoga with Joy, is quite literally that! Joy creates a beautiful space and holds the class in such a way that both beginners and more advanced yogis feel at home. Her deep knowledge, gentle approach and well thought through sequences give a sense of calm and wellbeing. I have practised with many teachers over the years and Joy's class is the one I keep returning to time and again”.*

**\*\*Cost £500 plus 1250 MAD (about £100) payable in Morocco,**

for airport transfers to and from AGADIR on the agreed flight;

accommodation for 7 nights in twin/double rooms (limited singles possible for a £140 supplement), substantial breakfasts; vegetarian evening meals (option of meat or fish for small supplement, special diets catered for), your leader's fee, 2 cultural experiences (chosen from several), 1 specific excursion (trek is optional at extra cost of about £20-£25), “A Feast for the Senses” celebration. 2 sessions of Yoga practice per day, going into silence after the evening relaxation, to create some aspect of retreat to the holiday **Excludes** cost of flights (about £70 return if booked early), travel insurance, tips, lunches. We encourage you to **offset your flights** by donating enough to offset 0.82 metric tons of Carbon Dioxide generated by your flights to a chosen project [www.carbonfootprint.com/carbonoffsetprojects.html](http://www.carbonfootprint.com/carbonoffsetprojects.html)



**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](http://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 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) about yoga contact Joy [joyfulprater@yahoo.co.uk](mailto:joyfulprater@yahoo.co.uk) or phone 07726523129



**\*\* Note. We have a limited number of places at a reduced rate, sleeping in traditional tents in the garden.** 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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