

Dancing and Yoga Holiday in Morocco

Feb 23rd – March 2nd 2021

with Chrisandra and Dalila



Stay for 7 nights at the new La Maison Anglaise with its pool and gardens and its own hammam (Turkish bath). It is in Taroudant, an ancient walled Berber market town in the fertile Souss Valley, between the High Atlas and the Anti-Atlas Mountains. La Maison Anglaise is an award-winning garden ecolodge 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. Come alone or with a friend or relative and enjoy the company of like-minded people. Find out more about La Maison Anglaise at www.holidays-with-heart.co.uk. More about Chrisandra [here](#)

There will be a yoga asana class each morning and relaxing yoga nidra/meditation most evenings. These will take place depending on the group's wishes, either in the activities room or outside in the gardens or on the roof terrace. Chrisandra shares a holistic hatha yoga-based practice 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 dance classes each day and possibly spontaneously at inspiring venues. Dalila Heath is a well-known folk-dance teacher specialising in dances from her native Armenia but also with a wide repertoire of other dances. Chrisandra has been teaching world dance for thirty years with a particular interest and knowledge of dances from countries along the old Silk Road.

Included in the holiday are two Berber experiences that can be chosen from the menu offered, for example; cooking, language class, ride in a horse and carriage and guided visit to the local market. We will enjoy a visit to a traditional Berber village where we will have lunch and learn about life in the village. Many other activities, massage, museum visits, embroidery and carving classes are also available, at a small extra cost. All activities including the dance and yoga are optional.



Total Cost per person: £530 sharing a twin room and a local payment of 1500 Dirhams - approx £120. A limited number of single rooms are available with a supplement of £140 on a first come basis. Reduced priced accommodation is also available in Berber tents in the garden. Ask for more details if interested.

Cost Includes accommodation for 7 nights; breakfasts; vegetarian evening meals for 7 nights (special diets catered for), all Yoga and Dance tuition; hire of yoga mats, 2 airport transfers from/to designated Manchester flights; excursion to Dounia's High Atlas villages; choice of two Moroccan cultural experiences.

Excludes cost of flights, 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.cecuc.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.

