

# Exotic Cultural Holiday in Morocco

Yoga with Louise Cook

4-11<sup>th</sup> January 2021



La Maison Anglaise

• Garden EcoLodge •  
Holidays with Heart



**The Venue** Well known for magical meaningful holidays and excellent food. Experience an exotic culture and environment at an award-winning set up, recently relocated into a stunning sustainably run EcoLodge beside the town walls with a pool and permaculture gardens.



**The Place** 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. A chance to buy some beautiful handcrafted items, food and other delights in the souks.



## The People & the Yoga

Support of 11 charming experienced mainly English-speaking Moroccan staff. Lots of pre-visit information from the Holidays with Heart UK team. Wonderful relaxed Scaravelli yoga led by Louise Cook [More about Louise](#)

**The Climate** The best spring 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 (bordering the Sahara).

**Heartful Holistic Holidays** A wide choice of other authentic activities including option to support charitable projects. Explore the fascinating culture with the help of delightful guides; option to explore or laze in the sun. More information about meaningful group holidays at [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)

**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. Road transfer with our own safe drivers. Very good WiFi and mobile network.



*"A wonderful holiday.. its reputation is well-established, but it is now based at an amazing new sustainable, purpose-built ecolodge. .. exceeded our expectations (plus we are not normally fans of organised/group holidays!). Fabulous team, delicious food (including vegan), amazing accommodation, wonderful activities! Taroudant was a brilliant location to get a feel of authentic Morocco." Jan 2020*

**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-now**

# Exotic Cultural Holiday in Morocco

Yoga with Louise Cook

4-11<sup>th</sup> January 2021



La Maison Anglaise

• Garden Ecolodge •  
Holidays with Heart



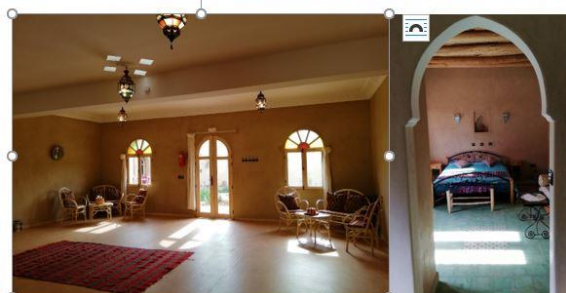
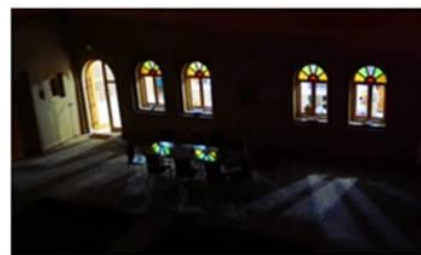
*Bringing a group of people is an extra pleasure because every time they tell me what a wonderful time they are having and often that **it is the best holiday they have ever had**. It is the hard work, friendly care and dedication of the staff together with their knowledge and the sustainable projects they support that makes this more of a special life experience than just a holiday. **Leader 2019***

Left: Louise's 2020 group on our terrace

**Good value** Short, inexpensive flight.

**Cost: £450 + 1250 MAD (about £100)**

**payable in Morocco** for accommodation for 7 nights in twin/double rooms (singles **£140 extra**; discount for tents) substantial breakfasts; vegetarian evening meals (option of meat or fish for small supplement. Special diets catered for), a "Feast for the Senses", approximately 3 hours yoga daily and transfers to and from the designated flight from London Gatwick to Agadir. **Optional activities** include crafts, cookery, language trekking, wildlife, massage and several other choices run by the amazingly knowledgeable guides. The holiday starts and ends on a Monday to take advantage of cheaper flights with **London Gatwick to Agadir** (55 minutes' drive from us). [cecu.co.uk/price-list/](http://cecu.co.uk/price-list/)



To reserve your place or make enquiries go to [cecu.co.uk/bookings/](http://cecu.co.uk/bookings/) or email [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk)

We will then confirm availability **payment schedule (£100 deposit)**. It's essential to book early in order that we can give you the go-ahead to book flights as soon as they're published in April, and thus save money. Early booking ensures you get a place on these extremely popular holidays!

**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-now**