

Captivating Cultural Holiday in Morocco

The Power of Connection

with Katy van Haften

9th- 16th February 2021



La Maison Anglaise

• Garden Ecolodge •
Holidays with Heart



The Venue Escape the British weather to enjoy winter sun, the widely praised food, 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 People Katy will teach invaluable techniques that will enhance all the relationships and partnerships in your life, for the rest of your life. [More about Katy](#) Support of 11 charming experienced mainly English-speaking Moroccan staff. The Holidays with Heart UK team provide substantial pre-visit information and support and have 25 years' experience of Morocco.



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 Climate 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 (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

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 Wi-Fi 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

**La Maison Anglaise: 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**

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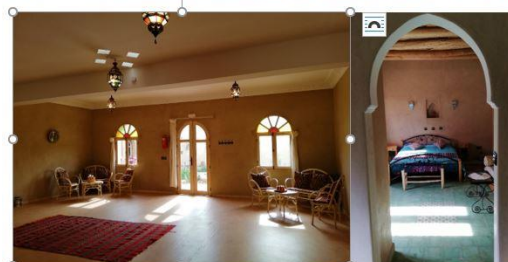
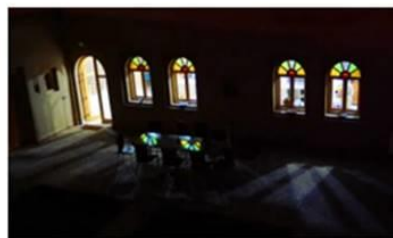
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About Katy “As participants we quickly realised that we all had very different expectations and needs, some personal and some professional. Still, that didn't matter at all as Katy provided the guidance for us to learn from each other in a very professional and friendly way. Also, colourful and humorous examples and inputs from the facilitator's personal experiences really helped to illustrate some of the concepts involved.”

Good value Short, inexpensive flight.

Cost: £445 plus 1250 Moroccan Dirhams (about £100) payable in Morocco for accommodation for 7 nights in twin/double rooms (singles possible for a £140 supplement), substantial breakfasts; vegetarian evening meals (option of meat or fish for small supplement. Special diets catered for), about 20 hours' tuition from Katy and transfers to and from the designated flight from London to Agadir (Manchester option with transfers arranged at cost).



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 Tuesday to take advantage of cheaper flights (usually c £70 return). Prices cecu.co.uk/price-list/

To reserve your place or make enquiries go to cecu.co.uk/bookings/ or email jane@holidays-with-heart.co.uk or phone 01239 615 499 **Monday - Friday 8.30 am- 2.30 pm** but we often reply at other times and can arrange to chat. 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 soon at bargain prices if you do so. All participants should contact Katy about **the Power of Connection** on 07876307623 or trendydiva1@aol.com Full details of the programme & content overleaf.

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The Power of Connection which is a CPD registered course teaches you to:

- Learn from experiences of the past
- Stop repeating patterns that don't work
- Find your real wants and express them
- Speak so you get heard and listen so others know they have been heard
- Transform differences into possibilities
- Step through inhibitions and fears and help others do the same
- Discover new levels of satisfaction, fulfillment and intimacy in your life

A life worth living

Our experience of relating to others is often associated with difficult feelings, from blame and resentment to jealousy and guilt. It's not surprising that emotional distance and separation are seen as a normal, even an inevitable part of a relationship.

By the end of the course you will know how to release and let go of these separating feelings. And the more you do this, the more you will get in touch with all the connecting feelings that make life worth living, from passion to compassion, from gratitude to satisfaction and joy.

"I definitely felt the shift while taking Katy's Power of Connection course. All of the exercises and nurturing environment created the opportunity to explore and share. We learned many communication tools"

"I took the opportunity to explore my self, my mind and the way in which I interact with others. The connections we have with others is one of the most wonderful things about being a human being and I feel so blessed to have been given insights and tools that I shall be able to call upon again and again, that will help enrich my interactions and strengthen the relationships I choose to build "

PROGRAMME

On alternating days you will have a free day during which you may choose to swim, relax, have an organic argan oil massage or choose one of the many cultural experiences and activities on offer www.cecuc.co.uk/activities

On the 3 training days sessions will take place from 9.30 am - 12.30 pm & 7 pm - 10 pm, leaving time to rest, swim and/or pop into town

Tues: Arrival Day - welcome & settle in. Briefing.

Wed: Day 1 of the course.

Thurs: Optional excursion: High Atlas Berber Villages: an insight into daily lives of Dounia's friends.

Fri: Day 2 of the course.

Sat: Optional excursion: High Atlas Mountains trekking with Said.

Sun: Day 3 of the course.

Mon: Optional trek: oasis & Anti Atlas Mountains with Said.

Tues: Travel home.

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