

## Singing and Cultural Holiday with songs taught by Sophia Efthimiou

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

18<sup>th</sup> - 25<sup>th</sup> May 2021

Escape the British weather to enjoy sun, the exceptional menu of local healthy food, an exotic culture and environment at an award-winning, comfortable, sustainably run traditional guest house. Explore with our delightful educated guides and drivers who are highly informative about the culture, landscape, wildlife and history.

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We are delighted to welcome **Sophia Efthimiou** the talented and dynamic workshop leader, singer and music teacher for choirs as our song leader for the week.



Sophia has been sharing her passion for bringing people together in harmony for many years, leading groups both in the UK and internationally. She collects and teaches songs from different cultures and traditions from around the world. Her singing workshops are soul inspiring, heart-warming and empowering, creating a sense of euphoria and connection for everyone involved.

She is a spirited and sensitive leader with a uniquely warm and easy teaching style and she will be sharing beautiful, vibrant songs with deeply nourishing qualities that she has composed and collected over the years.

All the songs will be taught by ear, so everyone is welcome!

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 £510 plus 1250 MAD (about £100) payable in Morocco,** covers 7 nights in twin/double rooms (singles may be 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), 2 named excursions, workshops, “A Feast for the Senses” celebration, at least 2 hours singing daily and airport transfers to/from Agadir on designated Manchester 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.



**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.cecu.co.uk/bookings](http://www.cecu.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](mailto:jane@holidays-with-heart.co.uk) or visit [www.Holidays-With-Heart.co.uk](http://www.Holidays-With-Heart.co.uk) or about singing contact Sophia at [sophiaefthimiou@gmail.com](mailto:sophiaefthimiou@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**

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