

# Morocco Yoga Retreat New Year 2023/24

**Dates: 29th December to the 7th of January**

Marrakesh 29th of December to 1st of January,  
Sahara desert 1st to the 3rd of January  
Ourika Valley 3rd to the 7th of January

**The program looks like this:**

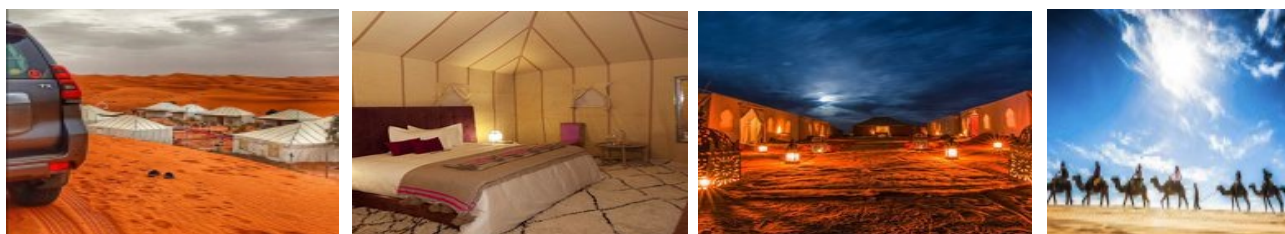
We stay 4 days in **Marrakesh** at a marvellous Moroccan Riad with Spa area including a little pool, Hammam and massages. Discover the Souks, admire the fantastic handicraft, enjoy the evening atmosphere in this ancient and vibrant city and celebrate the New Year. The first yoga class starts in the evening when everybody has arrived.



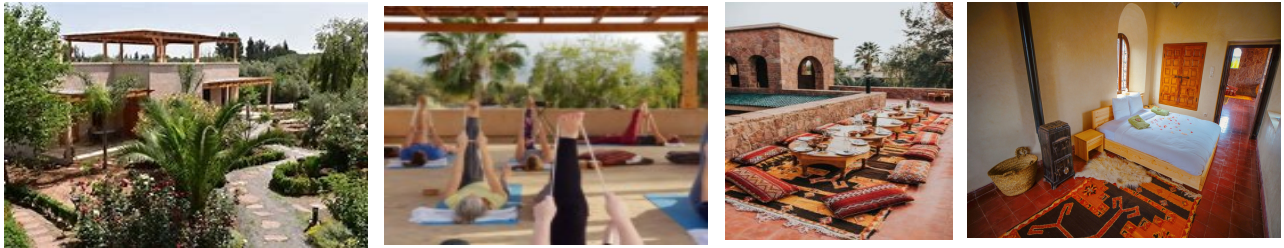
There are continuous yoga classes in the morning with morning meditation and pranayama followed by the asanas based on Hatha Yoga/ Iyengar Yoga and a calmer Yin Yoga in the evening including pranayama.

The **Sahara Tour** starts in the early morning around 8am/ 9am. The tour is organised by a professional, local tour guide who takes us with his modern 4-wheel drive of Minibus on a longer journey to Merzouga to the Sahara, the Erg Chebbi dunes where we stay in a beautiful arranged luxury camp, sleeping in 2-3 person tents with private bathroom.

On the way we pass the highest Atlas Mountain pass Tizi-n-Tichka on 2.260m/ 7.415 feet, visit the Ait Benhaddou, an eastern clay architecture and UNESCO World Heritage Sites, having a view over the Tocha Gorge, a trench of gigantic rock walls running through the High Atlas Mountains and enjoy a camel ride over the sand dunes, watching the sunset and sunrise in the desert, beside our yoga classes. We stop in the Ziz Valley at an amazing oasis lined with palm trees and fortified castles, visit the monkeys in the cedar forest beside some other attractions.



On the 3rd of January in the evening we arrive in the **Ourika Valley** staying in an Eco Yoga Retreat Lodge, a green oasis, about 45min from Marrakesh where you can pamper yourself again with massages, Hammam or a fantastic Shiatsu treatment.



Departure is on the 7th of January. The retreat finishes after breakfast.

Accommodation will be generally in shared bedrooms with 2 persons in twin or double beds with private bathroom.

The price for the retreat is 1.535€ and includes accommodation, breakfast, lunch and dinner, the whole Sahara journey, yoga classes twice a day, except on arrival and departure day (there will be just one), plus the transport from and back to the airport.

Flight, insurances and extras like massage and other treatments are not included.

For those who do not like to travel alone. This retreat is meant especially for you. Most of the participants are solo travellers. As the whole journey is organised you don't have to worry about anything. You will be well taken care of.

The retreat requires a minimum of participants. I would ask you to reach out to me as soon as possible as it is high season in Morocco at this time of the year.

Feel free to ask if you have any further questions.

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It would be lovely to have you with.

Warm regards  
Namaste  
Tanja