

Reset, Refresh, Renew



**A women-only yoga and mindfulness retreat
guaranteed to leave you feeling restored and
recharged**

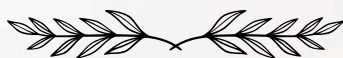
| Ourika, Morocco | 30th Aug -3rd of September |

**Move your body and still your mind in a stunning
mountain Moroccan oasis**

**Think gentle meditation & movement in the morning
followed by lazy days spent by the pool, gardens, or
roof terraces**

**Enjoy great food & evening restorative yoga practices
with a group of like-minded women of all ages**

****Day time temperatures of 25-31C, night time
temperatures of 22C****

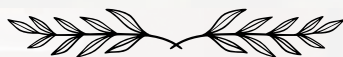




Your retreat experience includes:



- a 4-night stay at our property - a secluded oasis in the Ourika mountains, just outside of Marrakech
- Energetic morning and restorative evening yoga sessions to start and end your day - all levels welcome and mats and props are provided!
- Three delicious meals prepared by our chef each day, starting with a late group dinner on arrival
- An afternoon bread-making workshop, or cooking class where we'll prepare a traditional Moroccan meal with our local chef
- A special breathwork workshop - plus plenty of time to unwind and enjoy the gardens, terraces and courtyards, and of course our private pool!





Accommodation

A decorative horizontal line with stylized leaves on either side.

• Shared triple room with ensuite -
€495 per person

• Shared twin room with shared
bathroom - €605 per person

• Shared twin room with ensuite -
€675 per person

• Private room with shared bathroom
- €755

• Private room with ensuite - €855

*shared bathroom is shared between two rooms

A decorative horizontal line with stylized leaves on either side.

A courtyard view of a traditional Moroccan-style building. The floor is covered in a patterned tile. On the left, there is a small, ornate fountain with a decorative metal screen. A wooden door is visible on the right, leading to another room. The walls are made of light-colored plaster.

Booking Process



**Thursday 17th of April -
25% non-refundable deposit required to
confirm your place**

**Friday 25th of July -
Final balance due (75% of total payment)**

**Friday 1st of August -
Confirmation of flights required, so we
can arrange transfers for everyone**

**Saturday 30th of August -
The fun begins!**





What's Not Included



Flights -

See the next slide for suggested flights you can book if you're flying over solely for this retreat

Transfers to and from the venue -

A month from arrival day we will arrange transfers for anyone who needs them from Marrakech city or airport, or neighbouring towns. One-way transfer from the airport to the retreat centre cost approx. €30 per person

Additional experiences -

Such as on-site massages and treatments and use of the hammam!



Recommended Flights



Saturday 30th
Dublin to Marrakech
| 19:45 - 23:25 |
Ryanair

Wednesday 3rd -
Marrakech to Dublin
| 12:10 - 15:55 |
Ryanair

