

# Marrakesh 2007

16<sup>th</sup> May – 24<sup>th</sup> May



With in:spa this Retreat drew together an expert yoga teacher, massage therapist, nutritionist, chef, and personal trainer team for an unforgettable experience! ensuring maximum benefits, such as weight-loss, improved fitness, stress relief and a heightened sense of wellbeing.

This retreat is hosted at the exquisite Jnane Tamsna in the famous Palmerie area of Marrakech, Morocco. It offers luxurious, stylish accommodation with two beautiful pools set against a backdrop of palm trees and the snow-capped High Atlas Mountains.

**Accommodation and food** The day starts with a delicious, fresh, cleansing juice and roof-top yoga as the African sun rises behind the mountains. By breakfast time you will be feeling supple and energised and ready for fresh fruit, home made muesli and freshly squeezed juices. An excellent kick-start for your health and fitness plans. We then head out for a morning of hiking in the Atlas Mountains, experiencing the exhilaration of the climb and the stunning scenery. Some mornings we explore the countryside on bicycles. These activities will invigorate your body and stimulate your metabolism and are tailored to all levels of fitness so everyone can join in at their own pace.

After a light, fresh, detoxifying lunch, the afternoons are varied and, depending on the day and your personal program may include small group yoga instruction, personal fitness training or nutritional consultations. In addition, a regular deep tissue massage will help to relax, restore and prepare you for the week's activities. There will also be time to soak up the sun by one of the two swimming pools or play tennis on our clay court. Or, of course, time to explore the fascinating sights and sounds of Marrakech and its ancient Medina..

The day winds down in the fire-lit drawing room with informative evening talks, demonstrations and discussions on areas of health, fitness and relaxation. Dinners are a showcase of delicious, fresh, healthy cuisine - with much of the ingredients coming from our very own organic gardens. Dress is relaxed and informal. The evening winds down in the fire-lit drawing room after dinner with the opportunity to chat and relax with team members and your fellow guests.

**Getting There** The closest airport is Marrakesh. There are direct flights from the UK, and via Casablanca.

**Includes:** 7 nights all inclusive accommodation, All rooms have their own ensuite bathrooms, all meals and beverages, airport transfers all group physical activities – i.e. yoga classes, hiking, group circuits, one on one nutrition consultation, one on one personal training session, small yoga class for individuals at different levels: beginners, intermediary and advanced, three deep tissue massages, constant access to team members throughout the day and evening, trip to local place of special interest, e.g. The Medina in Marrakech. **Not included:** insurance, Golf, telephone and internet usage, staff tipping.

*"loved the Yoga – quite simply the best teacher, very knowledgeable and inspiring!"*

*"The group Yoga classes were great fun, I really enjoyed the classes."*

*"Chris was helpful with my rehab issues. I enjoyed the yoga and found it very grounding."*

*"What an introduction to yoga! Chris was an inspiration."*

*"The setting itself is movie location fantastic...by the end of the week, I felt so recharged I could have run back to London."*



