

3 - 9 November 2024



Morocco Retreat



*Retreat to a charming 5-
star Kasbah overlooking
the Atlas Mountains.*



We invite you to a nature and cultural immersion in a private Kasbah with just 11 suites and panoramic views of the Atlas Mountains.

Anticipate sun drenched days ending in spectacular sunsets and starlit, crisp nights. Join a group of like-minded retreaters for 6 nights of yoga, meditation, hiking, delicious organic regional cuisine, social connection, and opportunities for 'me' time. Encounter the ancient culture of the Berber people in nearby villages, thrive on guided hikes and restorative yoga sessions with Jannick Wiel, and simply enjoy the abundant beauty of our exclusive Kasbah, with an infinity pool and palatial gardens of fruit trees and exotic blossoms. Don't forget the award winning on-site spa ... this is in your invitation to restore and revive the senses!



Your retreat guide



Jannicke Wiel

Jannicke is a lover of nature and yoga. After studying yoga and Indian philosophy in the Indian Himalayas during the 1990's, she took her MA in philosophy in Oslo in 1998. In 2002, she founded Oslo Yoga, which has been one of the leading yoga studios in Oslo for the last 20 years. Her books "what is YOGA" (2020) and "The Magic of Yoga" (2023) demonstrates her understanding of yoga in a broad sense, as a physical and mental practice, a life style and a philosophy of life.

Her contact with nature is a great resource in her own life, which she is inspired to share with others. Jannicke will lead 2 yoga classes per day, and host the retreat throughout.

Anticipate a journey ...



ATLAS MOUNTAIN IMMERSION

Stay on the edge of a world famous nature reserve and enjoy 3 guided hikes through diverse, breathtaking scenery - rivers, canyons, lakes and peaks. Our Kasbah is also one of the most eco-friendly buildings in Morocco, constructed principally from pise (rammed earth), which is a low emission traditional Berber technique.

SOOTHING YOGA & MEDITATION

Thrive on daily yoga and meditation with acclaimed senior yoga teacher, studio owner and author, Jannicke Wiel. Each session will be held in the gorgeous, spacious Kasbah living area, with Berber rugs and endless, inspiring views of the mountains. All experience levels are welcome.



CULTURAL ENCOUNTERS

Our retreat location has been built using traditional Berber design and construction and is an oasis of understated luxury with rooms and suites that feature sumptuous textiles and authentic design touches focusing on naturally sourced materials. On one of our guided hikes we will visit a local village and break bread with the villagers.



EXPERT & SAFE TRAVEL PLANNING

Sit back, soak up the view, and ENJOY being in the present moment in stunning surroundings without worrying about all the travel logistics. Sleep soundly knowing that all details have been expertly curated and taken care of for you. Have the best of both worlds - a unique cultural experience, as well as familiar guides and contacts.

AROMATIC SPICES & DELICACIES

Savour three meals daily, prepared exclusively for our retreat group. We will be treated to a healthy, delicious and balanced menu sourced from the organic kitchen gardens and Ourika Valley producers. Try local delicacies and the distinctive mix of spices and ingredients that make Moroccan cuisine so unique and sought after!



WELLBEING & RELAXATION

Breathe in pristine mountain air and listen to the sound of Moroccan gardens full of bird song - our retreat location is an invitation to wellbeing. In addition, there is an on-site spa, with an extensive list of treatments using the highest quality organic botanical products. Imagine yourself wrapped in a Moroccan kaftan, seated on a Berber cushion, at peace.



Retreat location:

Ourika Valley, Morocco

The Ourika River flows through a majestic valley snaking south of Marakesh into the Atlas Mountains, a formidable range of rugged peaks in the Maghreb in North Africa. The Atlas Mountains separate the Sahara Desert from the Mediterranean Sea and the Atlantic Ocean, stretching around 2500 km through Morocco, Algeria and Tunisia.

The local population is primarily Berber, and the region is famed for its natural beauty as well as its cultural integrity and uniqueness. There are a few small villages and ancient citadels dotted through the Ourika Valley, which enjoys unrivaled views of the Atlas Range. The Valley is lower altitude, ensuring mild temperatures and fertile soils, abundant with fruit trees, flowers - perfect for the exceptional art of Moroccan formal gardens and courtyards. Expect average temperatures in November: maximum 25°C / 77°F - minimum 15°C / 59°F



Your accommodation: 5-star elevated Kasbah

Architecturally, the Atlas region is prized for the ancient Kasbah (meaning, 'fortress' or 'citadel') tradition, which is like a medina quarter, many of which are now emulated or refurbished in elevated accommodations and boutique hotels. Our retreat Kasbah offers peace, relaxation and exclusivity in spectacular surroundings - the perfect escape from the hustle and bustle of a typically cold, gray November in the northern hemisphere.

Anticipate an oasis of understated luxury with three grades of rooms that feature sumptuous textiles and authentic Berber design touches crafted using locally sourced materials and methods. In front of the Kasbah lies an infinity pool, grassy slopes, manicured gardens and comfortable chairs to lounge in. The building has a common area with palatial lounges, dining areas and sun-drenched patios.



All the retreat details ...

Getting there



ARRIVAL

The closest airport is Marrakech International (RAK). A taxi from the airport is included in the package, so if you arrive on the start date, we will arrange a taxi for the group on that day direct from the airport. If your flight gets in on a day prior to the start date, we will arrange for a taxi to collect you from your Marrakech hotel.

Check in is from 16:00 on 3 November 2024. We meet for a welcome dinner at 19:00.

DEPARTURE

We say farewell to new and old friends after yoga and breakfast on 9 November. Check out at 11:00. A taxi to the airport is included in the package so we will be arranging a shared taxi for the group on 9 November. If you have onward travel you are welcome to arrange your private departure anytime over the day.



Retreat package

WHAT'S INCLUDED

- 6 nights accommodation
- Daily breakfast, lunch and dinner with coffee, tea and fruit juice.
- 3 guided hikes in the Atlas mountains and surrounding villages
- Yoga and meditation 2x daily with Jannicke
- All tourist taxes
- Taxis to/from Marrakech airport, or your Marrakech hotel.
- Gift bag

NOT INCLUDED

- Flights to/from Marrakech
- Visas
- Alcoholic and other additional beverages
- Extra activities such as camel riding and henna
- Gratuities

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 3 September 2024.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.





CONTACT US

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