

# Your Retreat

the complete retreat concept 





## **YOUR RETREAT THE 'COMPLETE' RETREAT CONCEPT**

We have a magical set up: beautiful accommodation and a roof top yoga shala overlooking the Atlantic Ocean, seconds from excellent surf, a short walk to lovely sandy beaches, near to traditional villages but ideally tucked away from the hustle and bustle of the local market: for a blissful Moroccan 'retreat'.

Our dedicated and caring team is on hand throughout your stay to look after your every need and make sure you have an amazing holiday.



The retreat is based 10 minutes walk from Banana Village (Aourir), and 5km south of Taghazout, a colourful characteristic fishing village, famous for its great surf and laid back, friendly atmosphere. We are 20km north of Agadir and 45km from Agadir's international airport. The artistic port town of Essaouira is just over 2hrs north and the buzzing city of Marrakech is 3 1/2 hrs inland.



## ACCOMMODATION

The retreat is based at our enchanting Villa Mandala, in front of wild Banana Beach on the Atlantic coast. This charming villa, beside fantastic surfing beaches and tranquil bays, stands out as unquestionably the very best accommodation in the region.

Villa Mandala is a hidden gem. Bougainvillea flowers provide colourful shade for the front terrace and dining area and there is plenty of space for sunbathing and lazing by the ocean front swimming pool. The 9 beautiful bedrooms are authentically decorated, sprinkled with trinkets and designed to a theme. There are 4 spacious ocean front bedrooms, 4 looking out over the foothills of the Atlas and 1 peaceful bedroom downstairs. All bedrooms are en suite except 2. The non-en suites share a bathroom and there is an additional bathroom on the ground floor.



Rooms are doubles or twins. The Garden room may comfortably be a triple and the Red room can sleep up to 4. Total capacity is 21.



## **ACCOMMODATION**    *Enchanting Villa Mandala: 'Home, a world away from home'*

Villa Mandala's spacious and cosy lounge areas dappled in sunlight and ocean views, beach front pool and sweeping sun terraces, create the perfect haven of indulgence and tranquility. Villa Mandala is the idyllic soulful escape. For more info, please see [www.surfmaroc.co.uk/mandala](http://www.surfmaroc.co.uk/mandala)

# EAT INCREDIBLY WELL...

Indulge in delicious, nutritious vegetarian food. Using only the finest and freshest local produce, our team of talented local chefs, make each meal a taste sensation.

After morning yoga, enjoy super smoothies, freshly squeezed juices, fresh local breads, amlou, yoghurts, eggs, crepes, dried fruits, nuts and a rainbow platter of seasonal fruit.

Lunch is a picnic on the beach with freshly filled baguettes, varied mixed salads, homemade falafel, sweet treats and fresh fruit.

At sunset, feast on gourmet Moroccan and international dishes; our famous dips and tapas, spiced chick pea aubergines, toasted almond and apricot rice and divine chocolate avocado tart are a few of the reasons everyone wants to take our cook book home!

We can adapt meal times and all cuisine to suit you and your guests' dietary requirements, allergies and preferences. Please just let us know before you arrive. A sample of our menu is available on request.





## **THE YOGA SHALA**    *Escape the noise and retreat to the ocean...*

Looking out over the Atlantic Ocean, yoga classes are held in the shade of the wooden roof top yoga shala. With wooden floorboards and surrounding glass sliding doors, the shala is an open airy space blessed with the first rays at sunrise and the last magical light at sunset. An inspiring and unforgettable healing space; perfect for yoga and meditation.



***Breathtaking views and the soothing sounds of the ocean help you feel instantly at peace...***

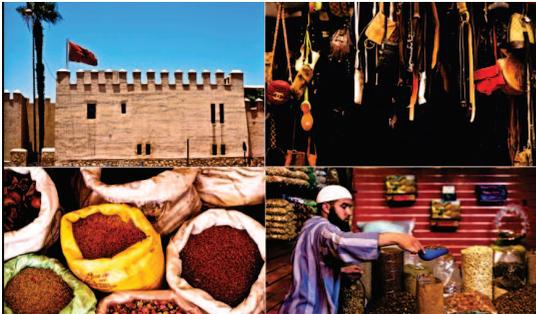
The yoga shala is rectangular: 6m breadth, 11m length. Maximum capacity +/- 20 students. The walls have built-in dimmer lighting and electric sockets. We are fully equipped with yoga mats, bricks, straps, bolsters, blankets and even lavender eye bags for all students to use during their retreat. You don't even need to pack your mat!



## ADDITIONAL OPTIONAL EXTRAS

### **Surfing :**

We offer a one week surfing course, which includes: comprehensive and fun daily surf lessons with our fully qualified and experienced instructors, all board and wetsuit hire, transport to and from the beaches and surf guiding. Surfing on a day-to-day basis is also available. A 15% commission is available to teachers on the sale of these packages.



## ADDITIONAL OPTIONAL EXTRAS

### **Divine Treats :**

A hammam (Moroccan steam bath), a rejuvenating indulgence to deeply relax, traditionally followed by a gommage, an exfoliating massage-scrub, a body mask and then a full body massage. Unwind with this heavenly afternoon treat (500 dh / approx: £40).

### **Paradise Valley :**

Our local guides can drive you inland into beautiful Paradise Valley. Explore its' streams, waterfalls and pools, take a picnic, walk, swim and relax (30 min drive, 300 dh min 2pp, 150 pp min 4).

### **Agadir :**

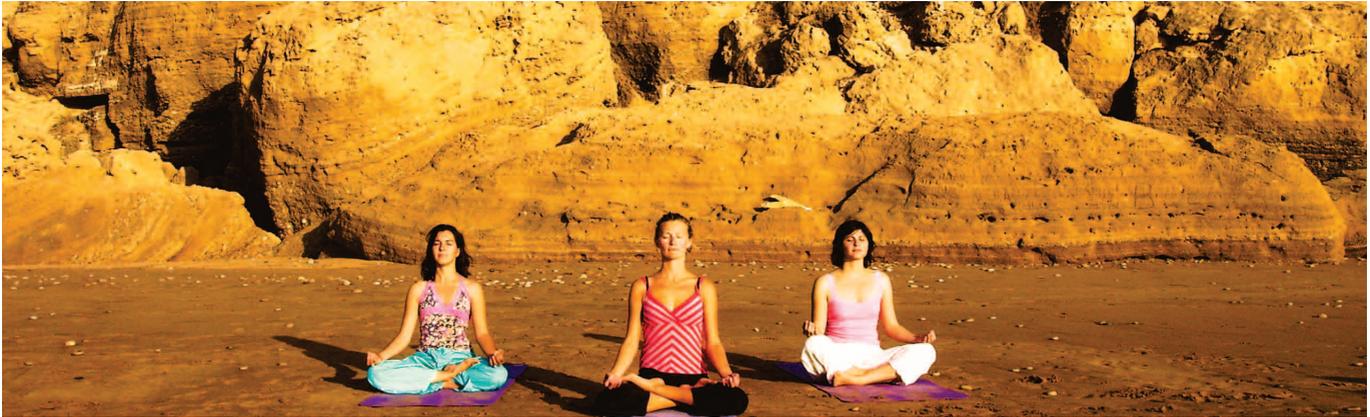
A trip to this area would not be complete without a visit to the Agadir Souq (main market), perfect for gift shopping. Agadir beach is a huge sandy bay, great for swimming, walking, sunbathing and lots of tourist activities, restaurants, cafés etc.

### **Essaouira :**

This lively and artistic town makes for a popular mid week break, an ideal place for shopping, eating and experiencing a bit more of magical Morocco. Transport for the day (vehicle & driver 800 dh approx £63).

### **Camel riding, horse riding, quad biking, jet skis....**

We can arrange for you to take-in this dramatic coastal and hillside region on a quad bike, jet ski, camel or on horseback. Excellent horses and guides are available to suit all abilities. Camels and horses can even pick you up from our front door! (from 180 dh per hour approx £14).



## PRICES & SERVICES

- Accommodation in our enchanting Villa Mandala
- 3 delicious wholesome meals a day provided by private chefs
- Daily home-baked treats & unlimited fresh fruit, teas and coffee
- Exclusive use of the villa, roof top yoga shala & swimming pool
- Daily cleaner service
- Return Agadir airport transfers (transfers from Marrakech incur an extra cost)
- The dedicated and caring host service of the Surf Maroc team throughout your stay

The price of £379\* per person per week is based on groups of 10 – 21 guests.

\*With a minimum of 10 guests / £3790, 1-2 teachers may stay for free.

All you need to do is bring your students/guests, teach yoga and enjoy a blissful holiday in the sunshine – we'll do **all** the rest!

Excellent surf instruction is available. We can include this in the price of your package along with any or all of the other services we offer, or your guests can pay for them separately in Morocco.

Flights are 3 1/2 hours to Agadir from Manchester, London. For more info. please see [http://surfmaroc.co.uk/extras\\_faq.php](http://surfmaroc.co.uk/extras_faq.php)

Booking in advance is essential. We require a £1137 deposit to secure a booking and the remaining amount 8 weeks prior to arrival.

For more information please contact :

### Yoga Surf Retreats

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