

Calling all Wellbeing facilitators

Breathworker, Yoga, Shamanic, Biodanza, 5 Rhythms, Tai chi, Pilate,
Sound bath, Yoga Nidra, Estatic dance ...

This retreat has been created especially for you

**LET'S SLOW DOWN, RECHARGE, CONNECT, TRANSFORM, REJUVENATE
& SHARE OUR PASSION**

While awaking all our senses in the mystical and magical land of the Berber in South Morocco

This is a small and intimate retreat, limited to 10 people.

This retreat is about sharing our passion and receiving other's, while immersing ourselves with the slow and relaxed chill out vibe of this not so known Moroccan small seaside town.

THE CONCEPT OF THIS UNIQUE RETREAT IS:

- **We gather together, in a simple yet charming house** (or 2 near to each other) **with a terrace overlooking spectacular views of the golden sandy beach, the ocean and the rolling hills.**
We use the inside, outdoor spaces and the beach for the workshops.
- **Each participant facilitates one or two workshops.** This will depend on how many we are.
- **We share our gifts. The type of workshops on offer will depends of who is attending the retreat.**
You need to be qualified and insured for your offerings.
Workshops should preferably last 2 hours or 90 minutes.
- **We hold and support one another with love, respect and compassion.**
- **By co-creating our retreat together, we all benefit mentally, emotionally, physically and financially.**
- **We give ourselves much needed soul nurturing time, we so deserve.**

TOGETHER

- We create our program, with the offerings we can each share.
- We build our loving, nourishing and supportive community.
- We share our gifts, support each other, laugh, cry, dance and relax together.
- We facilitate 1 or 2 workshops each, depending of the number of participants.

THIS TRIP OFFERS YOU

- 2 workshops per full day, maybe more (1 on arrival day)
- Sharing Circles
- Deep inner awareness and connection with self, others and nature
- A visit to a women argan oil cooperative in the rolling hills
- Experience a traditional Hammam ritual
- Explore a beautiful beach, famous for its rock formation
- Lunch or Dinner at a local beach
- Dinner in town
- Sunset drink
- Savour a traditional mint tea

TIME TO

- Connect with like-minded Souls
- Connect with nature, the roaring ocean and the silence of the beautiful rolling hills
- Rest, journal, swim in the ocean
- Sunrise & Sunset gazing, self-meditation
- Walk and explore the local area and the vibes of this lay back community
- Explore the small town, engage with the friendly shop keepers and do a bit of shopping

WHAT IS INCLUDED

- ✓ All workshops
- ✓ 5 nights' Accommodation
- ✓ All Breakfasts, Lunch* & Dinners
*apart lunch on travelling days
- ✓ A Hammam ritual
- ✓ Visit to an Argan oil cooperative
- ✓ Visit to a famous beach
- ✓ Shared Airport transfers from & to Agadir airport, at the recommended flights time
- ✓ A 5l bottle of water
- ✓ Tea, Coffee, Herbal infusions in the house

NOT INCLUDED

- Airfares & UK airport transfers
- Lunches on arrival & departure days
- Extra food, snacks you might wish to purchase when out
- Extra bottles of water
- Drinks
- Travel Insurance
- Yoga mat & equipment
- Beach towel
- Tips

INVESTMENT	Early Bird Ends 21 st August		After that	
	Shared	Own Room	Shared	Own Room
Large Double room with Ensuite shower & access to terrace	£475	£560	£525	£610
Large Double room Shared bathroom with other participants	£450	£510	£500	£560
Twin room Shared bathroom with other participants	£435	£485	£485	£535
Small Twin room Shared bathroom with other participants	£420	£460	£470	£510
BOOKING				
Early booking is advisable Early Bird prices ends 31 st August 2023			Remaining balance is due by 18 th September 2023	
BEFORE BOOKING YOUR SPACE please Email me with your offering. sophie@breathebodyandsoul.co.uk			If booking is made afterwards, then payment is due in one go.	
Once confirmed BOOK YOUR SPACE by visiting: https://www.breathebodyandsoul.co.uk/retreats			* In the event of the minimum number of participants (4) not being reached, the retreat will be cancelled and your full deposit will be refunded	
A non-refundable* deposit of £200 will secure your space.				

WHAT A TYPICAL DAY MIGHT LOOK LIKE

- ♥ Own Practice, Rest a little more or
Sunrise Self Meditation
- ♥ Breakfast
- ♥ Workshop / Excursion
- ♥ Lunch
- ♥ Free time
- ♥ Workshop / Excursion
- ♥ Sunset Self-Meditation
- ♥ Dinner
- ♥ Socialising / Workshop
- ♥ Stars gazing
- ♥ Drift away to sleep with the sound of the
ocean

FITNESS ABILITY

You need to be:
Comfortable with walking for 30mins
to 1 hour at a time. Be happy with
stairs, as direct access from the house
to the beach is via stairs.
If you have any medical conditions
which might prevent you to attend
this retreat, please get in touch prior
to registration to check if this retreat
is suitable.

FOOD

Simply delicious Moroccan food, cooked with seasonal produce and infused with spices, tasty and mild.

Moroccan diet includes meat, fish, seafood, vegetables and pulses.

Vegetarian food like tagines, salads will be on the menu for vegetarians and vegans.

Allergies and intolerances can be difficult to accommodate in Morocco. Please contact me prior to booking for confirmation.

Some meals will be served in the house, others in local restaurants.

WEATHER

The million dollars question!

In November:

The average daytime temperature is around 18-22C (64-72F).

It often feels hotter as we are closer to the equator.

Night time can be chilly, dropping to 14-17C (57-62F)

The sea temperature is around 19C-66F, usually warmer than in the south of England on a summer day (16C-61F)

FLIGHTS

Flights are not included

IMPORTANT Please **WAIT before you book your flights** until you have received a notification confirming that the minimum number of participants (4) has been reached.

Recommended Flights

Tuesday 7th November 2023

Stansted to Agadir - Depart at 06.10 – Arrive at 11.00

Sunday 12th November

Agadir to Luton - Depart at 12.55 – Arrive at 15.45

There are different flights options available, however shared transfers to and from the venue in Morocco might not be included.

Let's discuss this further at the time when the minimum of participants has been reached and we are ready to book our flights.

TRANSFERS

UK or other countries Airport transfers are not included. Please make your own arrangements.

Shared Transfers from and to Agadir airport, at the time of the recommended flights are included.

The venue is about a 2 hours drive from Agadir airport.

ENTRY REQUIREMENT TO MOROCCO

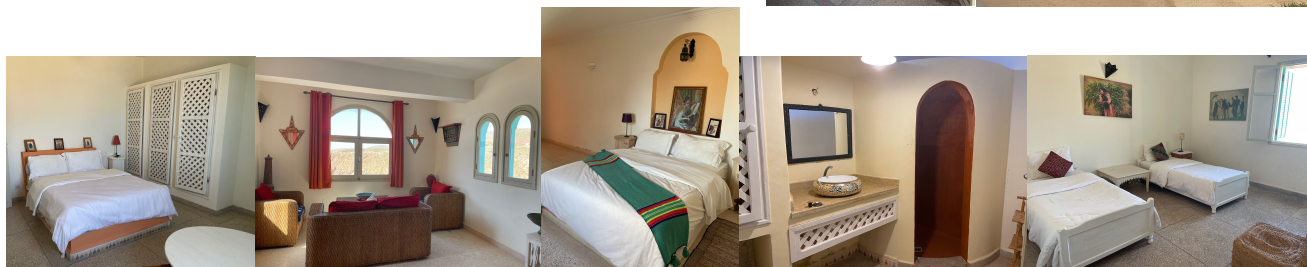
UK & most European citizen can enter Morocco with a passport valid for at least 3 months on your date of entry in Morocco. Make sure your passport is not damaged.

TRAVEL INSURANCE

Travel insurance is not included

It is a requirement of your registration that you agree to purchase adequate travel insurance.

I broke my foot in one of my previous trip and I was super grateful to be taken care of, and then be flown back home.



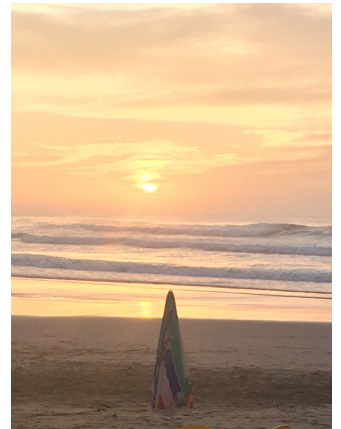
Welcome to the place and view we will call home

MY VALUES AND COMMITMENTS

** It is important to my heart and values to include the local community.
I use properties and services run by local people,
as much as possible, and pay them a fair price.*

** I believe that wellness should be made more accessible to many.
With so many suffering from mental health issues,
It has never been more important than now.*

** For those reasons, I try to keep the pricing of my retreats and my other services low
and invite, those who are more financially comfortable,
to kindly donate what you can, in addition to the advertised price.
This helps others who are not so fortunate to access my services.
Thank you*



EXTEND YOUR STAY

Maybe a friend or love one might like to join you, before or after the retreat.
I can recommend two places and put you in touch with the owners.

Charming room directly on the beach

OR

Cosy flat by the village

