

# 'The Alchemy of Touch' Yoga & Bodywork Retreat, Morocco

**WITH TAPESH PARADISO, ANOUK DEVI  
& SUZE RETERA  
3 - 10 NOVEMBER 2018**



## The Retreat

*A unique yoga retreat that offers you the opportunity to receive and relax deeply, while expanding your knowledge of yoga and bodywork.*

Join bodyworkers Tapesh Paradiso and Anouk Devi and yoga teacher Suze Retera in sunny Morocco for a unique retreat that combines yoga with the bodywork techniques of the Alchemy of Touch. A daily schedule that combines deep meditation, yoga asana, bodywork, and myo-fascia release techniques and plenty of free time, allows you to gain a better understanding of the relationship between yoga and bodywork and how these two practices enhance each other.

All this while enjoying colorful Morocco, delicious home cooked meals, days at the beach, and a day trip to beautiful Essaouira. Staying at a beautiful resort right in between the beach and the forest, you get to relax, enjoy the silence and connect by unplugging from your daily life.



By the time you go home you have not only received healing practices for yourself, but also gained knowledge and tools that you can apply in your own practice or share with others as a (yoga) teacher or bodyworker.

A regular yoga practice is preferable when joining this retreat but not necessary.

## Retreat Highlights

- Spend 7 nights at a beautiful resort in nature close to the beach
- Study with 3 senior teachers
- Learn more about the role the nervous system and psoas muscle play physical and emotional healing
- Cultivate body awareness and conscious touch
- Daily deep meditation sessions
- Daily yoga classes and workshops
- Daily bodywork classes
- Learn practices that you can include in your daily life to increase health and wellness





## About The Alchemy of Touch

For over 10 years, Alchemy of Touch has been operating globally, educating both beginners & advanced practitioners in the art of touch. Their holistic practice is infused with deep meditative intuition as we penetrate the mechanics of bodywork and take students into the heart of healing.

The increasing global movement of Yoga & other embodied practices demands the integration of conscious bodywork in order to progress toward a truly holistic transformational movement.

Alchemy of Touch is a dynamic & poetic form of transformational bodywork developed by Tapesch Paradiso, expanded with the expertise of Anouk Devi. It is designed to elevate massage and bodywork to a new level by harmonizing both musculoskeletal and energetic techniques from many different Eastern and Western modalities.

Tapesch and Anouk teach with joy, humor & playfulness and they love to laugh. They are passionate about what we do and like to keep the vibration high. The Alchemy of Touch Massage Academy is an Accredited Training Provider by IPHM, International Practitioners of Holistic Medicine.

[www.alchemyoftouch.com](http://www.alchemyoftouch.com)



## Accommodation

You will stay at a beautiful retreat center Essaouira Lodge in the thuja forest, just outside of Essaouira and only a short shuttle ride away from the stunning Moroccan coastline. The beautiful accommodation is made of natural stone and located sheltered from the wind. It is the perfect peaceful place to enjoy the Moroccan sunshine.

Your room has a private bathroom and will be in a 3-bedroom villa with a shared living



room, kitchen and swimming pool. All double rooms can be equipped with two single beds or one double bed.

At the retreat center, you can book Hamam treatments and massages.

## The Teachers

### Tapesh Paradiso

Tapesh is passionately involved with the healing arts. For more than 28 years he has been living and working throughout the world as a Therapist, Bodywork Trainer and Meditation Teacher, practiced many different massage techniques from all over the world and with more than two decades of experience with touch, body-mind journey and meditation, Tapesh developed a unique fusion that is now called 'Alchemy of Touch'.



Alchemy of Touch has its roots in Osho Rebalancing Massage. Tapesh modified and improved this professional technique, creating a less static, more artistic and poetic form, working without any effort! Tapesh also introduces the best methods from his broad education across many modalities of massage.

His own innovative method 'Fluid Touch' brings to life this powerful form of massage & body-mind work, which focuses on physical & energetic release from the Myo-fascia. Tapesh is dedicated to transmitting the wisdom he has gathered over his lifetime through Alchemy of Touch massage trainings, private bodywork sessions and through his mentorship of many students worldwide.

### Anouk Devi

Anouk is a Bodywork Therapist & Trainer, Personal Coach, Trauma-stress Therapist & Yin Yoga Teacher. Her focus is in creating a truly holistic approach toward supporting the body-mind synergy.

Anouk worked for 7 years in Mental Health Care, providing mental and physical support to those in need. In her early twenties she started an intense journey with her own physical health; a path which guided her toward an experiential understanding of the power of natural healing, and which sparked her fascination with fascia.



Anouk has deep respect and gratitude for this life-changing opportunity from which she shares her insights to empower others in the most natural way.

Anouk has an innate connection with ancient wisdom teachings. Living in India and the East are an important part of her inspiration. Together with her life partner Tapes, Anouk shares Alchemy of Touch Trainings. She is also the driving force in providing all that is needed for the Alchemy of Touch Academy; to support and meet everyone's needs to learn in the most relaxed and profound way, with ongoing guidance and support of practitioners around the globe.



### Suze Retera

Suze is a Psychologist and certified yoga teacher. Throughout the years she deepened her knowledge in both fields by adding Family Constellations, TRE (Trauma Release Exercises) and Yoga Nidra to her qualifications.

Her passion for travel, a conscious lifestyle and (self) healing inspired her to start Global Flow Retreats in 2006. Global Flow Retreats offers retreat programs that have the power to transform your life.



Suze believes strongly that the holistic approach of combining yoga with disciplines like mindfulness, Ayurveda, trauma- and stress release practices, or family constellations offer all the tools we need to not only find inspiration but to gain insight and find the healing that can alter the course of our lives.

Her yoga teaching style is a combination of challenging asana sequences, focus on alignment, deep embodiment, and self-healing. The challenging parts of the practice are met with humor and clear guidance that keeps you safe and grounded. Suze's yoga nidra and meditation classes offer you a relaxation that goes beyond just physical relaxation and allows healing to take place on a deeper level.



## Meals

During the retreat, you will get to enjoy freshly cooked, vegetarian and/or vegan meals. All meals are offered buffet style and offer the traditional Moroccan flavors. Any dietary needs and/or allergies can be taken into consideration.

## Schedule

Day 1: Saturday 3 November | Arrival day

16:00 hrs | Check in

17:00 – 19:00 hrs | Group Welcome & Yoga Practice

19:30 hrs | Dinner

Day 2: Sunday 3 November

7:00 - 8:15 hrs | Morning Meditation with Tapeshe & Anouk

8:15 - 8:45 hrs | Morning snack (fruit, nuts and tea)

8:45 - 10:30 hrs | Yoga Practice | Suze

11:00 - 12:00 hrs | Brunch

12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool

16:00 – 16:30 hrs | Afternoon snack

17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapeshe & Anouk

19:30 hrs | Dinner

Day 3: Monday 4 November

7:00 - 7:45 hrs | Morning Meditation with Tapeshe & Anouk

7:45 - 8:15 hrs | Morning snack (fruit, nuts and tea)

8:15 - 10:30 hrs | Yoga Practice & Clinic | Suze

11:00 - 12:00 hrs | Brunch

12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool

16:00 – 16:30 hrs | Afternoon snack

17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapeshe & Anouk

19:30 hrs | Dinner

Day 4: Tuesday 5 November

7:00 - 8:15 hrs | Morning Meditation with Tapeshe & Anouk

8:15 - 8:45 hrs | Morning snack (fruit, nuts and tea)

8:45 - 10:30 hrs | Yoga Practice | Suze

11:00 - 12:00 hrs | Brunch



12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool  
16:00 – 16:30 hrs | Afternoon snack  
17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapesesh & Anouk  
19:30 hrs | Dinner

#### Day 5: Wednesday 6 November

8:00 - 9:15 hrs | Morning Meditation with Tapesesh & Anouk  
10:00 - 11:00 hrs | Breakfast  
11:00 – 18:00 hrs | Day trip to Essaouira with lunch  
18:30 - 19:15 hrs | Yoga Nidra | Suze  
19:30 hrs | Dinner

#### Day 6: Tuesday 7 November

7:00 - 7:45 hrs | Morning Meditation with Tapesesh & Anouk  
7:45 - 8:15 hrs | Morning snack (fruit, nuts and tea)  
8:15 - 10:30 hrs | Yoga Practice & Clinic | Suze  
11:00 - 12:00 hrs | Brunch  
12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool  
16:00 – 16:30 hrs | Afternoon snack  
17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapesesh & Anouk  
19:30 hrs | Dinner

#### Day 6: Wednesday 7 November

7:00 - 8:15 hrs | Morning Meditation with Tapesesh & Anouk  
8:15 - 8:45 hrs | Morning snack (fruit, nuts and tea)  
8:45 - 10:30 hrs | Yoga Practice | Suze  
11:00 - 12:00 hrs | Brunch  
12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool  
16:00 – 16:30 hrs | Afternoon snack  
17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapesesh & Anouk  
19:30 hrs | Dinner

#### Day 7: Tuesday 8 November

7:00 - 7:45 hrs | Morning Meditation with Tapesesh & Anouk  
7:45 - 8:15 hrs | Morning snack (fruit, nuts and tea)  
8:15 - 10:30 hrs | Yoga Practice & Clinic | Suze  
11:00 - 12:00 hrs | Brunch  
12:00 – 17:00 hrs | Free time to go to the beach or relax by the pool



16:00 – 16:30 hrs | Afternoon snack

17:00 - 19:00 hrs | Alchemy of Touch Bodywork | Tapesh & Anouk

19:30 hrs | Dinner

Day 8: Saturday 10 November | Departure day

7:00 - 8:15 hrs | Morning Meditation with Tapesh & Anouk

8:15 - 8:45 hrs | Morning snack (fruit, nuts and tea)

8:45 - 9:45 hrs | Yoga Practice | Suze

10:30 hrs | Brunch

12:00 hrs | Check out & departure

## Value

### RETREAT PACKAGES INCLUDES

- 7 nights accommodation at a resort in Essaouira
- Healthy and nourishing meals
- Water, tea, and snacks
- Shuttles to and from the beach
- Day trip to Essaouira
- 9 hours of guided meditation
- 12 hours of Alchemy of Touch Bodywork training
- 15 hours of Yoga

### INVESTMENT

Early Bird Rates:

Double Room €1097

Single Room €1397

Regular Rates:

Double Room €1347

Single Room €1647

The early bird rate is only available for the first **8 registrations paid in full before 30 August 2018**.

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by **30 September 2018**. Bookings made after the due date for the balance payment are to be paid in full to secure your booking.





## Booking & Cancellation Policy

When booking a double as a solo traveler, we will do our best to find a same-gender roommate for you. In case this is not possible, you will be required to upgrade to a single or double room respectively and pay the accompanying rate. When single rooms are not an option to book, we will look at an appropriate solution and rate with you.

All participants are required to have full travel and medical insurance, including medical transport.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31- 60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the retreat if fewer than 10 participants have signed up by **10 September 2018**. In such circumstances, the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.

## How to Get There

You can best fly to Marrakech but another option is Agadir. You can book a pick up which will bring you to the retreat center in approximately 3 - 3,5 hours.

### AIRLINES

There are a variety of budget airlines that fly to Morocco depending on where you are flying from. Sometimes it is worth it to fly from another city. Some airlines that offer good flights are:

Transavia

RyanAir

RoyalAirMaroc



Considering Morocco has some very affordable accommodation options, it can also be worth it to arrive a day early or leave a day later. Please keep the travel time to the airport in mind when booking your flight.

We can support you with the booking of your trip if you have any questions!

### AIRPORT PICK UP

If you give us your flight details, we will make the best arrangement possible for you and have as many people as possible share a pickup.

Pickups are: €90 per car which can hold up to 4 people.

If more than 6 people need a pick up at the same time we will arrange a minibus which for which the costs per person will be lower.

If your return flight is from another city than Marrakech, please let us know in advance so we can arrange the drop off for you and match you where possible with other travelers so you can share the ride. We will then also give you more information about the travel time and costs of the drop-off.

All the transport during the retreat is included and will be arranged for you, only the pick up and drop off before and after the retreat are not included in the retreat price.

### What to bring?

In general Morocco is sunny and warm, but the evenings at the beach can cool off and there can be some wind. So make sure you bring some clothing for different temperatures. During the massage classes we will be practicing in duos. The part of the body that we are practicing on will be uncovered and the massage is done with oil. Bring clothing that is comfortable during these practices.

Morocco is a modern Islamic country and in the cities, you find a melting pot of different styles that vary from traditional to very modern. Women are not required to wear a headscarf unless they enter a mosque.

While staying at the beach swimwear and summer clothing is the norm. When visiting smaller villages and Marrakech city modest travel clothing is more comfortable and you will fit on more easily.



We suggest you bring items with the environmentally friendly nature of the retreat in mind.

Here are some items to remember:

- Refillable water bottle
- Yoga mat (travel mat if you like to travel light. There are yoga mats available but we can not guarantee the quality of the mats)
- Cool clothes for warm days, some layers for cool nights in the desert. A shirt with long sleeves that you can wear in areas where bare arms and shoulders are not considered appropriate.
- A scarf or large shawl
- Notebook and pen
- Camera
- Travel documentation (no visa needed for Morocco, but you do need a passport that is valid for at least 6 more months)
- Travel insurance documentation
- Medication if needed

