

'Grounding while Moving' Yoga Journey, Morocco

WITH IRINA VERWER
10 - 17 NOVEMBER 2018



The Retreat

A Journey through Magical Morocco

This retreat offers you the unique opportunity to ground and come home to yourself while moving on the mat and right across the magical country of Morocco!

Enjoying the sun, thuja forest, and the beach while staying at a beautiful resort in the hills of Essaouira you can take in the silence and open up to your yoga practice. While staying close to the beach we get to take our practice off the mat and spend an afternoon cleaning the beach from plastic that washes ashore. When it is time to leave the waves behind, we travel to Ait Benhaddou, a unique UNESCO site that is breathtaking in its simplicity and beauty.



The journey continues into the Sahara where we will stay two nights in traditional Nomadic tents in the sand dunes of Chegaga.

The stillness, beauty and connection with the elements will complete our journey leaving you grounded and inspired.

Throughout the retreat, Irina Verwer offers you daily yoga and meditation classes that fit your surroundings and the time of the day: from activating, strong and playful to gentle, restorative and introspective. Irina weaves myths through her classes, inspiring you to look deeper inside yourself and, by doing so, finding what your heart yearns for.

You'll be offered little gems of Ayurvedic wisdom that will help you to take even better care of yourself - expect practical advice and insights. In a supportive way, Irina will invite you to take your practice off your mat and explore how you can make choices that have a positive impact on your environment.

The entire week you will enjoy tasty and nourishing meals and have free time to enjoy a walk on the beach or in the desert, visit a hammam, finally read that book, connect with your fellow wonderful yogi(ni)s, or explore the Moroccan culture in one of the lovely villages nearby.

You'll leave feeling restored and nourished, connected to a new culture in a country that allows you to connect to all the elements nature has to offer again.



Retreat Highlights

- Yoga Style: Hatha yoga
- Stay 4 nights right at the beach in a beautiful resort
- Stay 1 night in Ait Benhaddou, a world UNESCO site
- Stay 2 nights in the desert in comfortable, traditional nomadic tents, sleeping under the stars
- Travel through the Atlas Mountains
- Experience Morocco and the hospitality of Moroccan people while learning about their beautiful culture
- Take part in a cleaning the beach one afternoon
- Practice with a senior teacher
- Deepen your practice on all levels
- Relax deeply enjoying the sun, beach, and desert
- Delicious vegetarian meals



Accommodation

The first 4 nights of the retreat you will stay in Tafedna, a small fishing and farming village South of Essaouira and North of Agadir Agadir. Stretching over two miles, the Bay of Tafedna offers a soft, sandy and quiet beach tucked among the Argan cliffs. The retreat center is overlooking the sea its architecture crafted from local stone and timber. It is a place renowned for its restful tranquility, organic produce and heartwarming hospitality. All rooms are equipped with their own en-suite bathroom and private terrace. Single rooms are available.

Next, you will spend one night in Ait ben Haddou in a beautiful boutique hotel that once was built as a traditional family home. Enjoying a panoramic view of the Ksar of Ait



Benhaddou while practicing yoga on the roof terrace.

Single rooms are available.

From Ait Benhaddou we travel to the Moroccan Sahara where we will stay in traditional nomadic tents in the largest sand dunes around Chegaga. All tents are furnished with single beds and traditional Moroccan decoration.

Every night we gather around the campfire, listen to old, mythical stories and traditional music, while taking in the magic of the desert.

Comfortable showers and toilets are in separate tents and all western style with running water. Each tent is shared by two participants.

The Teacher

Irina Verwer

Irina's journey into yoga began on a grey and cloudy day in an even greyer city, many years ago. As she stepped on the mat that first time, she knew she had found her path. She fell in love with the practice and it quickly became a way of life.

That's when she knew she wanted to share this love for yoga with others. She traveled the world to study with amazing teachers and completed several in-depth teacher trainings in hatha, vinyasa, Anusara, restorative and yin yoga.

Through the years, she created a unique style of teaching that's diverse, intense yet gentle at the same time. Most importantly: her love for yoga and life is tangible in each class she teaches.

Besides being an inspiring yoga teacher, Irina is a gifted holistic coach. She incorporates her knowledge of Ayurveda, Tantra, myths, and philosophy in her classes and coaching sessions - and by doing so, she always manages to inspire those around her to take better care of themselves.

Irina teaches online at Ekhart Yoga and writes for several yoga magazines, such as the Dutch and French 'Yoga Magazine'. She has written two well-received yogic cookbooks: 'Kopstand in de Keuken' (Headstand in the Kitchen, only available in Dutch) and 'With a Pinch of Yoga'.



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 flavours. Any dietary needs and/or allergies can be taken into consideration.

Schedule

Saturday 10 November | Arrival day at Tasgua Yan (beach)

16:00 hrs | Arrival & Check in

17:00 hrs | Group Welcome

17:30 – 19:00 hrs | Arrival practice

19:00 hrs | Dinner

Sunday 11 November | Essaouira

7:30 – 8:00 hrs | Meditation

8:00 – 8:30 hrs | Tea & Fruit

8:30 – 10:30 hrs | Yoga class

11:00 – 12:30 hrs | Brunch

15:30 hrs | Afternoon tea & snack

16:30 – 18:30 hrs | Restorative Yoga class

19:00 hrs | Dinner

Monday 12 November | Essaouira

7:30 – 8:00 hrs | Meditation

8:00 – 8:30 hrs | Tea & Fruit

8:30 – 10:30 hrs | Yoga class

11:00 – 12:30 hrs | Brunch

15:30 hrs | Afternoon tea & snack

16:30 – 18:30 hrs | Restorative Yoga class

19:00 hrs | Dinner

Tuesday 13 November | Essaouira

7:30 – 8:00 hrs | Meditation

8:00 – 8:30 hrs | Tea & Fruit

8:30 – 10:30 hrs | Yoga class

11:00 – 12:30 hrs | Brunch

15:30 hrs | Afternoon tea & snack

16:30 – 18:30 hrs | Restorative Yoga class



19:00 hrs | Dinner Wednesday

14 November | Travel from Essaouira to Aït Ben Haddou

7:00 – 7:30 hrs | Meditation

8:00 – 9:00 hrs | Breakfast

9:00 – 12:30 hrs | Travel to Marrakech

12:30 – 14:00 hrs | Lunch in Marrakech

14:00 – 18:00 hrs | Travel to Aït Benhaddou

19:00 hrs | Dinner

Thursday 15 November | Travel from Ait Ben Haddou to the Desert

7:00 – 7:30 hrs | Meditation

7:30 – 8:00 hrs | Tea & Fruit

8:00 – 9:30 hrs | Yoga Class

10:00 – 11:00 hrs | Brunch

11:00 – 13:00 hrs | Visit Aït Benhaddou

13:00 – 19:00 hrs | Drive to the Desert, including lunch

19:15 – 19:45 hrs | Meditation

20:00 – 21:00 hrs | Dinner

21:00 hrs | Camp Fire

Friday 16 November | Desert Camp

6:30 – 7:00 hrs | Sunrise meditation (time can vary depending on time of sunrise)

7:00 – 7:30 hrs | Morning snack

7:30 – 9:30 hrs | Yoga Class

10:00 – 11:00 hrs | Breakfast

11:00 – 14:00 hrs | Free time

14:00 – 15:00 hrs | Lunch

16:00 – 18:00 hrs | Restorative Yoga

19:00 hrs | Dinner

20:00 hrs | Camp fire & Closing Ceremony

Saturday 17 November | Departure day, drop off Marrakech (no early departure possible)

6:30 – 7:00 hrs | Sunrise Meditation

7:00 – 8:00 hrs | Breakfast

8:00 hrs | Departure (lunch stop on our way to Marrakech)

17:00 hrs | Arrival and drop off in Marrakech (earlier drop off not possible)



Value

RETREAT PACKAGES INCLUDES

- 4 Nights accommodation at a resort in Essaouira
- 1 Night accommodation in Ait Benhaddou
- 2 Nights accommodation at the Desert Camp
- Tasty and nourishing meals
- Water, tea and snacks
- Transport from Essaouira to Ait Benhaddou
- Transport from Ait Benhaddou to the Desert Camp
- Transport from the Desert Camp to Marrakech
- 19 hours of Yoga
- 4 hours of meditation

INVESTMENT

Early Bird Rates:

Double Room €1197

Single Room** €1597

Regular Rates:

Double Room €1847

Single Room** €1447

** Single room is only available at Tasgua Yan and in Ait Benhaddou. At the Desert camp tents are shared by two people, each tent offers single beds.)

Booking & Cancellation Policy

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.

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

The first location is Essaouira. You can best fly to Marrakech. You can book a pick up which will bring you to the retreat center in approximately 3 hours. The retreat will end in Marrakech.

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. We recommend staying one extra night on Saturday 17 November to not feel rushed on your last day.

We expect to be back in Marrakech by 17:00 hrs on Saturday 17 November. Early drop off is not possible and we are not liable for delays on the way back as it is a long trip and there can be traffic or construction on the road. Please keep this 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?

Since we travel across the country the weather can change. In general Morocco is sunny and warm, but the evenings at the beach can cool off and there can be some wind. Also the nights in the desert can be less warm than you might expect.. So make sure you bring some clothing for different temperatures.

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)
- 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
- Torch with batteries
- 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

