

## Yoga & Walking Holiday with Emma Leaf

Run by Holidays with Heart at La Maison Anlaise (Taroudant) [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)

17-24<sup>th</sup> March 2018

An exciting journey through the south of Morocco to enjoy the sun, Yoga to revitalise your mind, body and soul & walk in 3 contrasting places off the tourist trail with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history.

### 3 Nights at our award-winning guest house, La Maison Anlaise, in the walled town of Taroudant

A chance to familiarise yourself with the culture: visit the markets, have a massage, a cookery lesson, visit the local steam baths. Includes a trek in the High Atlas Mountains.



### 1 Night at Tissint Desert Camp

Travel via the remarkable Jbel Sirwa near Taliouine, the saffron capital of Morocco, where you will stop for a walk. Arrive at a beautiful encampment surrounded by amazing rocky landscapes. Experience the night sky and practice Yoga on the natural terrace by the tents. Travel through the rocky desert.

### 3 Nights at Tafraoute in the Anti Atlas Mountains

A small hotel in the Ameln valley with fabulous walking outside their door, a pool and a terrace and easy access to the Blue Rock,

prehistoric rock carvings and practise Yoga in the captivating surroundings. Right: Hotel & Pool. Below: Kasbah Tizourgane in the Anti Atlas Mountains where a stop can be made en route to the airport.

**Cost per person £550** includes accommodation for 7 nights in twin/double rooms (limited singles available for £150 extra), substantial breakfasts; vegetarian evening meals for first 3 nights; vegetarian, meat or fish for 4 nights (special diets catered for), 2 cultural experiences in Taroudant (chosen from several), Yoga tuition (2-3 hours daily), a trek in the High Atlas from



Taroudant, transfers to and from Agadir airport (55 minutes) to/from the agreed flight from London Stansted and transport and guiding on the 4 night tour (a total of 9.5 hours' driving over 5 days).

**Excludes** cost of flights (about £160 return now- March 2017), travel insurance, tips, lunches. *Every accommodation has a suitable space for practising yoga out of doors, so in the unlikely case of rain, then the timings of yoga practice might need to be changed.*



**Bookings:** Limited places available. Book early to get good flight prices, but please do NOT book flights until we give the go-ahead! Request a place at [www.cecuc.co.uk/bookings](http://www.cecuc.co.uk/bookings) We will then send you the payment schedule (split into 4 installments. £100 deposit) & then we send lots of useful advice- we have 20 years' experience behind us.

**More Information:** on Morocco please contact [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk) or [www.Holidays-With-Heart.co.uk](http://www.Holidays-With-Heart.co.uk) or on Yoga Emma on [infiniteenergyyoga@icloud.com](mailto:infiniteenergyyoga@icloud.com) or [www.infiniteyoga.co.uk](http://www.infiniteyoga.co.uk)