

'Myth, Movement, Mindfulness'  
Yoga Retreat

with Liz Huntly & Roland Jensch  
Morocco

28 OCT - 4 NOV '17



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## The Retreat

Morocco reminds us of the magic of stories, of 1001 Nights, and of tales told around a desert campfire under the vastness of the stars. Our yoga practice too is informed by stories - both ancient epics and the narratives of our own cultures. In this retreat we'll draw on the power of storytelling to help us understand elements of the yoga practice and the country visit.

Making sure you get to experience the amazing variety Morocco has to offer you during this once of a lifetime retreat, you will spend four nights in a beautiful beach resort close to Essaouira, an area famous for its Argan trees. Here you will dive deep into your yoga practice while enjoying the sun, beach and beauty that surrounds you.

From Essaouira we travel to Marrakech where we will explore the city and spend one night in a Riad. The old city of Marrakech is both beautiful and impressive. We will visit the soukh and the famous El Fna square and there will be plenty of opportunity to get some authentic gifts and take in the city culture.

Our journey will continue through the Atlas Mountains into the desert where we will spend two nights in a beautiful camp with white nomadic tents. Here you will learn about the nomadic culture, listen to drum music and story telling by the campfire, gaze at the stars and practice yoga with an incredible view.



Each day includes a led meditation and two asana practices. Liz and Roland will lead varied classes, skilfully guiding you towards both physical challenges and deep relaxation. An optional day of silence may help you to delve deeper into self-reflection and quietude. Through myth, movement and stillness, this retreat offers a space in which we may consider the magic of our own lives.

## 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. Stretching over two miles, the Bay of Tafedna offers a soft, sandy and quiet beach tucked among the Argan cliffs. The retreat centre is overlooking the sea, its architecture crafted from local stone and timber. It is a place

renowned for its restful tranquility, its organic produce and its traditional Moroccan cuisine. All rooms are equipped with their own ensuite bathrooms.

Next we will spend one night in Marrakech where we will stay at a traditional Riad in the city from where we can easily explore the traditional and modern city life Marrakech has to offer.

From Marrakech we travel to Ouarzazate where we enter the Sahara desert and will stay at a beautiful and comfortable camp of white tents. Each tent is decorated with beautiful Moroccan carpets, lights and comfortable beds. Even though we are in the desert, there are warm and cold water bucket showers in special tents, offering you all the comfort you need.

The spectacular sunrises and sunsets, starlit skies and stunning views over the sand dunes, make this retreat location unique and unforgettable!



## The Teachers

Liz and Roland's rich teaching is rooted in their own intensive practices. Fundamental knowledge of anatomy and detailed technical instruction forms the basis for leading students towards difficult asanas. The focus is not so much on success within the pose, as on creating a space for students to experiment and unfold. The journey is the destination—and the journey takes us to our deepest selves.



Liz and Roland's style is profoundly spiritual, and at the same time playful. They skilfully guide students in discovering and understanding the physical body, creating a potential for mental and energetic transformation. Their teaching is infused with fierce love, joy, and laughter.



Alongside regular classes in Cologne, Germany, Liz and Roland teach workshops, retreats and teacher trainings internationally in both English and German. They contribute to various magazines and blogs, including the German-language Yoga Journal and Yoga Aktuell.

## Itinerary

### Saturday | 28 October - Tafedna

Arrival day

16:00 hrs	Arrival & Check in
17:00 hrs	Group welcome
17:30 - 19:00 hrs	Yoga with Roland & Liz
19:30 hrs	Diner

### Sunday - Tuesday | 29 - 31 October - Tafedna

7:30 - 8:00 hrs	Meditation
8:00 - 8:30 hrs	Tea & Fruit
8:30 - 10:30 hrs	Yoga
11:00 - 12:30 hrs	Brunch
15:30 hrs	Afternoon snack
17:00 - 19:00 hrs	Yoga
19:30 hrs	Diner

### Wednesday | 1 September - Marrakech

7:00 - 8:30 hrs	Morning snack
7:30 - 9:30 hrs	Meditation & Yoga
10:00 - 11:00 hrs	Breakfast
11:00 - 14:30 hrs	Travel to Marrakech
14:30 - 17:30 hrs	Explore Marrakech
18:00 - 19:30 hrs	Yoga
19:30 hrs	Diner

### Thursday | 2 September - Desert

7:00 hrs	Breakfast
8:00 hrs	Pick up for Desert.
<i>We travel through the Atlas Mountains and make stops for lunch and some sight seeing.</i>	
16:30 hrs	Arrival in the camp
17:00 - 19:00 hrs	Yoga
19:30 hrs	Diner
20:30 hrs	Camp fire

### Friday | 3 September - Desert

6:30 - 7:00 hrs	Sunrise meditation
7:00 - 7:30 hrs	Tea & Fruit
7:30 - 9:30 hrs	Yoga
10:00 - 11:00 hrs	Breakfast
14:00 - 15:00 hrs	Lunch
16:00 - 18:00 hrs	Yoga
18:00 - 18:30 hrs	Sunset Meditation
19:00 hrs	Diner
20:00 hrs	Camp Fire

### Saturday | 4 September - Departure

6:30 - 7:00 hrs	Sunrise meditation
7:00 - 8:00 hrs	Breakfast
8:30 hrs	Departure
16:00 hrs	Arrival in Marrakech

\* Alternative arrival times are possible. When you arrive early, you might not be able to check in to your room until 16:00 hrs.

\*\* Global Flow Retreats reserves the right to change the timings in the itinerary if needed.



## Value

### RETREAT PACKAGE

The package includes::

- \* Daily Yoga and Meditation
- \* 7 Nights' accommodation
- \* All meals
- \* Transport from Marrakech Airport to Tafeda
- \* Transport from Tafeda to Marrakech
- \* Transport from Marrakech centre to the Desert and back
- \* Live drum music and sand boarding in the desert

### VALUE

Double Room €1349 p.p.

Single Room: €1699 p.p.\*

*\* Please note: Single room is only available for the 4 nights at the beach and the one night in Marrakech. At the Desert Camp, all rooms are double rooms.*

## Booking & Cancellation Policy

The early bird rate is only available for the first 8 registrations paid in full before 1 June 2017.

To secure your retreat booking at the regular rate we require a €600 deposit and a balance payment by 28 July 2017. Bookings made after the due date for the balance payment, need to be paid in full to secure your booking.

### Cancellations:

You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: [info@globalflow.org](mailto:info@globalflow.org)

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

Global Flow Retreats reserves the right to cancel the intensive if fewer than 10 participants have signed up by 1 August '17. In such circumstances the participants will be informed promptly and registration monies reimbursed. Any travel costs will not be reimbursed.



## How to get there

The first location is in Tafedna, which is on the coast line between Agadir and Essaouira. You can fly to Marrakech or to Agadir. From both locations you can book a pick up which will bring you to the retreat centre in approximately 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:

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 4 November to not feel rushed on the last day.

We can support you with the accommodation suggestions if needed.

### 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 pick up.

Pick ups are: €90 per ride which can hold up to 7 people.

The retreat ends on Saturday 4 November at approximately 16:00 hrs in Marrakech. From the drop off point you can easily take a small taxi to Marrakech airport or your accommodation if you choose to spend the night in Marrakech which will be a few euros only.

If your return flight is from Agadir, please let us know in advance so we can arrange the drop off for you and match you with other travellers so you can share the ride. It will take you approximately 3,5 - 4 hours to get to Agadir Airport and the costs per ride will be around €100.

We will be there to assist you where needed.

All the transport during the location is included and will be arranged for you.



## 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 swim wear 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 ecological 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 is 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.)
- medication if needed

