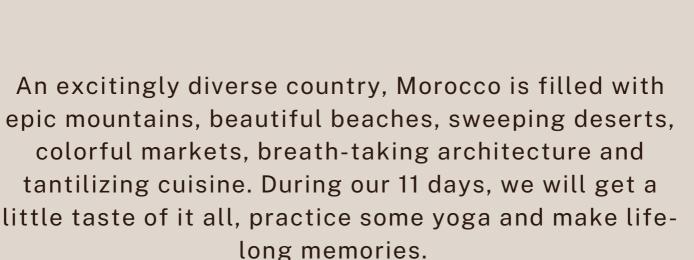
# UPTOWN YOGA IN MAGICAL MOROCCO SEPT 18- 28, 2024



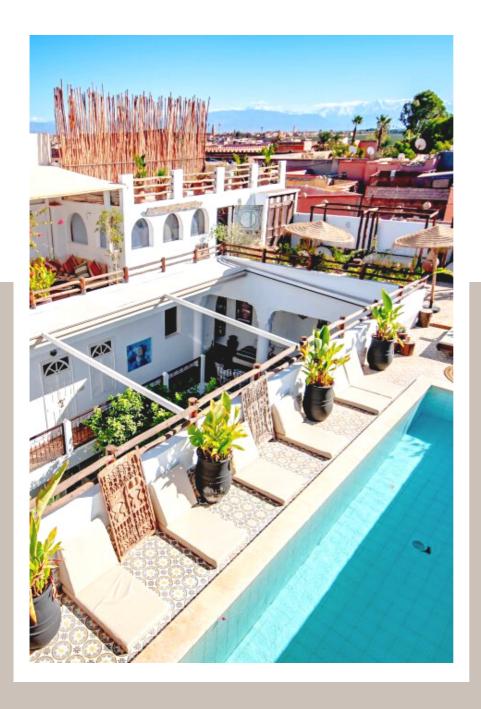




# MARRAKECH

#### DAY 1: ARRIVAL AT MARRAKECH AIRPORT + CHECK-IN AT YOUR PRIVATE RIAD

On the day of your arrival, you will be greeted by your guide and privately transferred by air-conditioned car to your Riad in the old Medina. Express check in with Vip treatment. Enjoy some time to settle in and relax. Traditional Moroccan dinner in the Riad. Various nightly choices of activities to start the trip and end the evening the best way possible.(D)



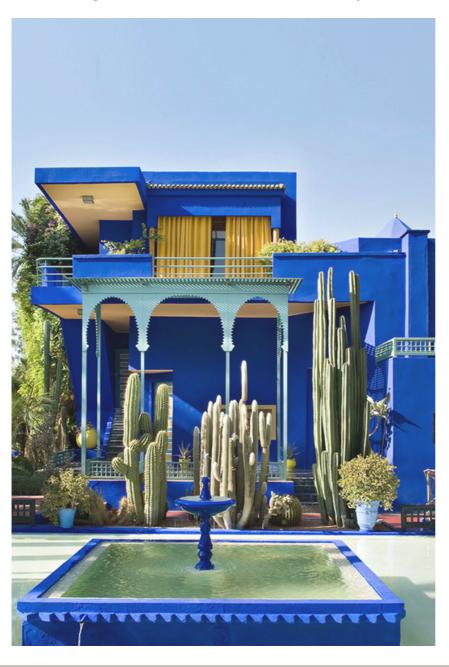




### DAY 2 : CITY TOUR WITH A CERTIFIED GUIDE + DINNER IN THE MEDINA

Morning yoga on the rooftop, followed by a relaxing breakfast at the Riad. Then it's time to discover the most famous souks of Morocco, the lively market place of Marrakech. We will visit the Bahia Palace and the incredible Medersa Ben Youssef. This is the old school of Koranic study with its beautiful Arab-Andalusian architecture. After your lunch break, you will head to the Majorelle Gardens, former home of Jacques Majorelle.

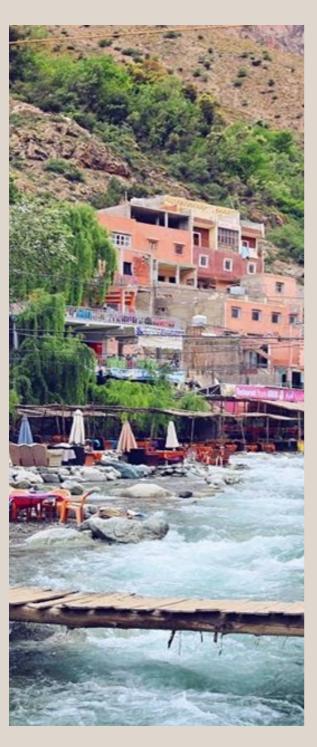
In the night - Dinner at a rooftop Moroccan Restaurant.(B,D)







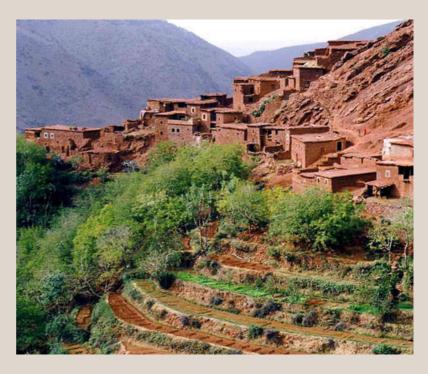
# DAY 3 : THE FAMOUS OURIKA VALLEY!



Morning departure for a 1h30 drive. Make some wonderful stops along the road and take a deep breath, as Ourika is known for it's natural climate and wonderful landscapes. Visit an argan oil cooperative and walk in the mountains to discover the Berber villages and their natural, traditional products. Then you have 1h of hike to see the waterfalls of Ourika, but do not worry, the path is accessible and a guide will advance at your pace. Lunch in one of the restaurants on the river. Return to Marrakech at around 5:30 pm.

A visit that we love because the landscape offers a total change of scenery from Marrakech: greenery, rivers, freshness!

Dinner in the Riad. (B,L,D)



# 21 SEPT

# DAY 4: FLYING HIGH!

Depart early in the morning to our hot air balloon ride over the Atlas Mountains at sunrise!

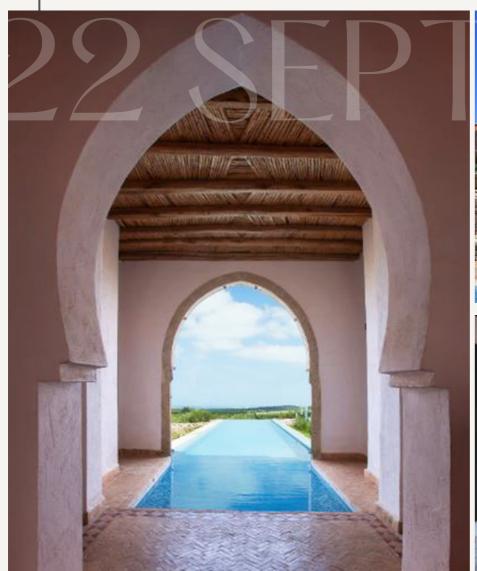
Return to Marrakesh and enjoy an optional massage and lunch package at a traditional hammam (spa). Free time to explore after.

Sunset yoga on the rooftop. Dinner in the riad. (B, D)





# MARRAKECH TO ESSAOURA







#### DAY 5 : DEPARTURE TO YOUR VILLA IN ESSAOUIRA

Morning yoga and relaxing breakfast.

Then we depart from Marrakech for the coastal city of Essaouira (2h drive) Seafood lunch in Essaouira or meal in an organic vineyard in the region with organic wine tasting. After lunch, check-in to your private villa.

Have the rest of the day to enjoy the gorgeous space, relax by the pool, partake in afternoon yoga or cocktail.

Dinner together in the villa. (B,D)

#### DAY 6 : GUIDED TOUR IN ESSAOUIRA

After yoga + breakfast in the villa, we head out for a guided tour of the Medina of Essaouira: The fishing port, La Scala where a sequence of the Game of Thrones series was filmed. (Astapor) The jewelers The Naïve Art Galleries. You can sip mint tea in Moulay El Hassan Square, pick up souvenirs in the souks, or taste freshly caught local seafood in an open-air restaurant.

Dinner at the villa (B,D)





#### DAY 7 : RELAX DAY IN ESSAOUIRA

Today is all about you! Choose whatever you like. Relaxing by the pool, massages at the villa or extra adventures. There will be more opportunity for deepening your yoga practice throughout the day, if you are drawn to.

We'll start with an extended morning practice of breath work, meditation and movement.

Afternoon asana workshop working on inversions, arm balances, backbends. Evening deep stretch class.

Dinner at the villa (B,D)

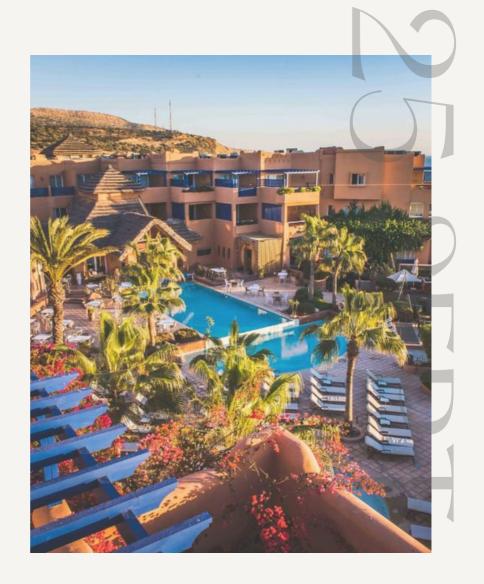




# ESSAOURA TO AGADIR







### DAY 8 : CHECKOUT VILLA IN ESSAOUIRA AND GO TO TAGHAZOUT

Nestled in a 3-hectare oasis facing the Atlantic Ocean, Paradis Plage Surf Yoga & Spa has direct access to the beach, a spa and beauty salon, an outdoor pool and 4 restaurants. A very easy, laid back place to stay.

Taghazout is very a beautiful coastal village with a fantastic swell all year-round, which offers a variety of different surf, Yoga & Meditation spots.

Dinner at the hotel. (B,D)

#### DAY 9 : FREE DAY TO EXPLORE THE BEAUTY OF AGADIR

Agadir is the best destination to head to when it comes to enjoying the sun and the sea. With its miraculous climate, providing a minimum of 300 days of sunshine a year, and its 10km-long beach, Agadir has all you need for a great seaside holiday.

Start your day with a flow class and fresh breakfast. Free day to relax, explore or take surfing lessons.

Sunset yoga or cocktails on the beach.

Dinner at one of the hotel's 4 restaurants. (B,D)





# AGABIR TO AGAFAY

#### DAY 10 : CHECKOUT AGADIR AND HEAD TO THE MAGICAL AGAFAY





After hours of travel, we will enter the arid landscapes of the Atlas and arrive at the camp where we will spend a very special night. Once there, they will welcome you with a tea. Then you can choose if you want to take a camel ride through the dunes of Agafay or if you prefer to stay in the camp to watch the sunset. Either way, you will enjoy the wonders of the desert. Later, we will settle around a campfire to enjoy a dinner in the purest Moroccan style. The evening will be animated by a traditional show. Belly dancing, fireeater, gnawa music and

fun!

## DAY 11: FINISH

MORNING YOGA IN THE DESERT. CHECK OUT FROM OUR DESERT TENTS AROUND 12:00.

TRANSFERS TO AIRPORT OR ONGOING DESTINATIONS.

#### **Getting to Morocco:**

- Fly into Marrakech (RAK) by Sept. 18th
- Fly out of Marrakech on Sept 28th, afternoon or evening flights preferred.

#### What's included:

- Airport transfers: arrival and departures
- Transportation by a Mercedes minibus with private driver throughout the retreat.
- Accommodations: 4 nights in a private Riad in Marrakech, 3 nights in a large private Villa in Essaouira,
   2 nights in a 5 Stars hotel with beach view in Taghazout Bay, 1 night in Agafay SELINA Camp.
- Meals as denoted on itinerary (B, L, D)
- Dinner at a Rooftop Restaurant in Marrakech
- All excursions listed in itinerary



Accommodations are chosen for authenticity, comfort and quality of service.

#### **Not included:**

- International flight ticket
- Transfer between Moroccan cities to Marrakech at beginning and end of trip
- Additional costs for meals not on itinerary and all drinks.
- Gratuity for hotels, drivers and guides

SINGLE ROOM \$3700/pers.

DOUBLE ROOM \$3300/pers.

ROYAL SUITE \$4200/pers.

To register: email jen@uptownyoga.com

\$750 1st deposit due at registration \$750 2nd deposit due April 15, 2024 Remaining balance due by July 15, 2024