

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



An excitingly diverse country, Morocco is filled with epic mountains, beautiful beaches, sweeping deserts, colorful markets, breath-taking architecture and tantalizing cuisine. During our 11 days, we will get a little taste of it all, practice some yoga and make life-long memories.

**Created in partnership with Les Pépites de Marrakech**





# 48 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.

Enjoy some time to settle in and relax or wander around the colorful markets of the Medina. We will begin our journey together with a Traditional Moroccan dinner in the Riad.(D)

18  
SEP





# DAY 2 : GUIDED CITY TOUR : SITES, SHOPPING AND AMAZING FOOD!

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)





# 20 SEPT

## DAY 3 : THE FAMOUS OURIKA VALLEY!

Morning yoga and early departure for Ourika Valley! Ourika is known for its natural climate and wonderful landscapes and true breath of fresh air. A guided tour through the mountains and the Berber villages will take us to an argan oil cooperative, a typical Berber home and a women's rug weaving group. After we will have 1h of hike to see the waterfalls of Ourika. Our guides will help you reach the top at your own pace. Lunch in a restaurant by the river. Return to Marrakech.



### Dinner in the Riad.





# 21 SEPT

## DAY 4: FLYING HIGH!

We depart early in the morning for our hot air balloon ride over the Atlas Mountains at sunrise! An absolutely breath-taking experience.

After a traditional breakfast at their camp, we will return to Marrakesh and enjoy an optional massage and lunch at a traditional hammam (spa).

Lots of free time to explore, shop and see everything!

Yoga on the rooftop at sunset.  
Dinner in the riad. (B, D)







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# MARRAKECH TO ESSAOUIRA

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# 22 SEPT



## DAY 5 : DEPARTURE TO THE COASTAL CITY OF ESSAOUIRA

Morning yoga on the rooftop and relaxing breakfast at our Marrakech riad.

Then we depart to 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, walk around the artist town with a laid back bohemian feel. Discover the local artisans, see their handicrafts and relax at tea shop watching the daily life of the town.

Check into our new space for the evening.

Dinner together in the hotel. (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 hotel (B,D)



23 SEP





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# ESSAOUIRA TO AGADIR

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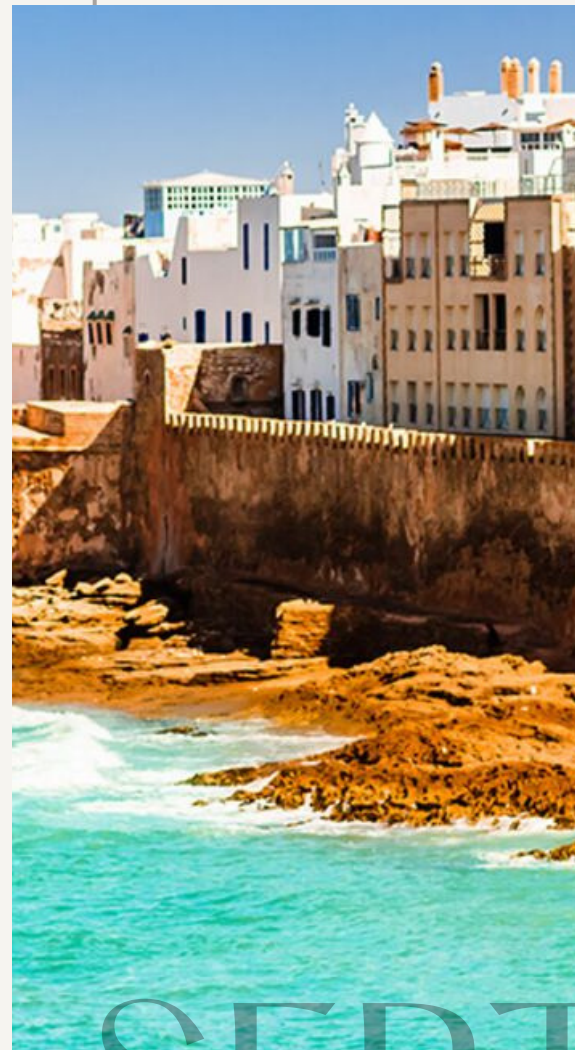


## DAY 7 : TO AGADIR

Nestled in an 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 fine 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. Today we check in, enjoy the beach and gather for dinner together under the stars.

Dinner at the hotel. (B,D)



24 SEPT





## DAY 8 : RELAXING BEACH DAY

Today is all about you! Choose whatever you like. Relaxing by the pool, massages in the spa or extra adventures. There will be more opportunity for deepening your yoga practice throughout the day, in our dedicated yoga shala by the sea.

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 hotel (B,D)



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



Today you have options of exploring one of the 2 neighboring areas. Agadir is home to the largest souk in Morocco, Souk El Had. Full of wonderful photo ops and bargains amongst their 6000+ shops. Tagazhout is a surfer town full of character. Great place to grab some tea and watch the surfers from the beach or hop in and give it a try yourself!

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

Sunset deep stretch or cocktails on the beach.

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







# AGADIR TO AGAFAY



# DAY 10 : A MAGICAL NIGHT GLAMPING IN THE DESERT

After a long drive through the country we will enter the arid landscapes of the Atlas and arrive at the camp where we will spend a very special night. Once there, we will be welcomed with tea, have lunch and relax by Selina's iconic pool. Afternoon yoga comes with stunning desert views, After yoga, there will be a chance to view the sunset from the back of a camel or from the camp, your choice. Later, we will settle around a campfire to enjoy a dinner in a lavish Moroccan style. Evenings are filled with traditional shows of gnawa music, dancing and fun! !





28 SEPT

# DAY 11 : FINISH

MORNING YOGA IN THE DESERT. CHECK OUT FROM  
OUR DESERT TENTS AROUND 11:00.

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, 2 nights in hotel in Essaouira, 3 nights in a 5 Stars beachfront hotel 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

\$3900/pers.

## DOUBLE ROOM

\$3500/pers.

## ROYAL SUITE

\$4400/pers.

To register: email [jen@uptownyoga.com](mailto:jen@uptownyoga.com)

\$750 1st deposit due at registration

\$750 2nd deposit due April 15, 2024

Remaining balance due by July 15, 2024