

MOROCCO

6th -13th September 2025

7 NIGHT RETREAT

Yoga, qigong & meditation retreat
with Paula Malloy



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The Morocco retreat is a beautifully luxurious adventure. Our yoga practice takes us to stay at the foothills of the Atlas Mountains near the Ourika Valley.

This retreat has a mix of local culture and discovery, intermingled with our ancient yoga, qigong and meditation practices.

The whole retreat is woven around much time and space for you to enjoy vast amounts of rest, nurturing and for those who like to adventure, extra sightseeing trips can be arranged to awaken your senses. Everyone who has joined this retreat over the years tells a tale of beauty and connection to not only each other but to the land of Morocco.

I hope to see you there.



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A Moroccan sensory awakening retreat.

Join me in feeling fully alive in the beauty of Morocco, as we explore yoga, qigong & meditation in the magical landscape of the Atlas mountains.

The richness of Morocco has seen many different cultures, Berber, Arab, Spanish and French, who have all left their mark in this stunning land throughout the centuries. However Islam is the central tenant of Moroccan culture, and permeates all aspects of everyday life in the country.



Our time spent together on retreat in this magnificent country will be an enquiry into practicing what it means to live with a sense of wonder and awe, embodying a beginners mind in new, and vast surroundings.

The Morocco retreat will enliven your senses with new delights, and uncover how cultivating the right conditions with like-minded people can give us joy, freedom, and a sense of being your true self.



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About the retreat

The retreat is 30kms south of Marrakesh, set in a luxurious private residence. A 20 acre estate nestled within olive groves and walled gardens with the most spectacular views of the Atlas Mountains. The retreat was designed by international architect Imaad Rahmouni in a style which combines vastness of space with the simplicity of Berber architecture.

The grounds are designed by the renowned French landscape designers Eric Ossart and Arnaud Maurières who blend plantations of fragrant flowers, sculptural cacti with local crops.

The main house is vast, and arranged on either side of an impressive corridor which leads to the living rooms, dining room and hammam.

Furnished and decorated by Themes & Variations, the interiors are a combination of vintage and contemporary with a Moroccan flavour.



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The retreat includes the main house extending over 1,200 sqm, plus six garden villas (approx 100 sqm each), that are surrounded by stone terraces for sunbathing.

The main house is arranged on either side of an impressive corridor which leads to the living rooms, dining room, spa, billiard room, television / reading room and the four house bedroom suites

For your comfort this beautiful location has a team of 12, including a manager who speaks English, German and French, a butler, a cook and 3 chambermaids. The grounds are maintained by a head groundsman, 4 gardeners and a night watchman.

Three meals a day are included in your retreat. The cooking is a delicious vegetarian Moroccan / French fusion.

The retreat's own garden, grows the vegetables, fruit and olive oil are used extensively in the meals and traditional bread is baked in an outdoor wood fired oven.

Dietary requirements can be taken into consideration.

Meals are served in a variety of outdoor locations around the retreat and to help you relax even more, specialist staff offer massages and hammans in the private in-house Spa.



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Yoga, qigong & meditation practices

The daily practices are held in a stunning, glass fronted yoga studio with a view of the gardens and Atlas mountains.

The studio is fully equipped with all yoga bricks, blocks, bolsters and mats and has a relaxation patio, changing rooms and shower.

No need to bring a yoga mat unless you wish to.

There will be two yoga practices daily exploring yoga, qigong, meditation, pranayama, yoga nidra and plenty of inner reflection.

Morning sessions

An exploration of inner reflections and pranayama practices, before moving through a progressive wake up yoga flow, blending traditional yoga postures and contemporary movement. The morning practice journey's towards guided relaxation and meditation.

Afternoon sessions

A mellow, gentle and nurturing practice, which delves into the softening world of qigong fused with slow, relaxing asana, yoga nidra, pranayama and meditation.

The days will be free for relaxing in the tranquil surroundings of our fantastic retreat house, indulging in a hammam, enjoying the tennis courts, gardens, boules, swimming, or visiting local sites.



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An exceptional stone walled 18m x 18m swimming pool with pool house, changing rooms and outdoor dining area.



Clay tennis court with club house and shower



100 sqm ensuite bedrooms

Each room is surrounded by a private terrace and has an outdoor (as well as indoor) shower.





100 sqm ensuite bedrooms

Each room is decorated to a high specification with every window and door floor to ceiling to offer beautiful light and views



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Hammam
Traditional Hammam,
relaxation room and
massage room
with two beds
(additional fee for
all appointments).

The technical requirements

Air conditioning and central heating is throughout the buildings.
There is an office with computer and printer, just in case you need
to get online / print.

Wifi throughout the property / pool and villas.
Sonos music system in the main house and pool house.

Billiard room

With 3/4 size English table.





ABOUT THE TEACHER

For those who attend my classes and private sessions know I offer a plethora of learnings through traditional yoga teachings coupled with contemporary anatomy / physiology knowledge and research with the aim to help students feel empowered in taking sovereignty over their body and mind, not only in yoga but in life.

My teaching is mindful, there is no zipping from posture to posture as I endeavour to feel deeper into each person's individual anatomy, energy and mindset while on the yoga mat.

We are all unique and there is no one 'right' way to explore yoga. Through my experience and training, I look to bring to the surface the uniqueness of each individual I teach.

I am a lifelong creative and this shows through in my sessions. I teach yoga with an undogmatic approach by exploring practices that 'colour' within and outside of traditional yoga teachings. This is felt through individual alignment needs, positive movement and balance work for ageing with strength, flexibility and confidence, ideas for everyday functional movement and basic neuroscience learnings.

Whether you are seeking yoga to release body tension and stiffness or to find stillness and peace of mind through a deeper journey, you have the freedom to absorb the teachings I offer which resonate with you the most.

Through my years of teaching, I am delighted that my classes attract diversity through culture, ethnicities, ages (my oldest client is 92), varying abilities, body size, gender, neurotypical, neurodivergent, from the super fit to those who are very, very poorly. This is important to me as it is this diversity which makes a kind and healthy community.

I follow my passions in life; Movement, Art, Nature and Story and Yoga for me is passion in practice. The teachings are a long road, one I still travel every day. It's not an easy road but it gives me a healthy ability to regulate myself and face difficulties and life stresses, rather than shy away from them.

This practice gives me independence of movement and thought. It showsers me with awareness, awe, and love for this one life. It keeps me curious and helps me question standard societal narratives through a yoga lens. Yoga is my way of life with tangible tools of breath work, meditation, focus and movement to keep me grounded and present of mind,, calm and content (most of the time, nothing is perfect) and helps me to sit with 'what is arising' from moment to moment whether joy or difficulty.

Physically, yoga gives me amazing practices to balance fluctuating energy levels and regulate my nervous system as I grow older and wiser in years. The stretches, mobility, isometric strength holds, stillness and movements keep me supple and responsive through muscles, joints, balance and cognition. All of which leads me to embrace my ageing body and not fear it. For me, yoga is a whole-body experience, with depth and meaning which I consider to be the real magic in helping me be fully present to my one precious life.

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Investment in your well being & adventure

Shared occupancy - £1495per person

Single occupancy - £2165per person

Deposit to reserve your place

A non-refundable deposit of £350 is required to secure your place.*

Please email Paula heykarmayoga@hotmail.com to book your place.

The final balance is due by 1st July 2025

On booking please inform me of any relevant medical conditions and dietary requirements.

Cancellation notice (received by email)

Deposits are non-refundable

Final Balance payments

Cancelling more than or exactly 1 year before the date of your booking 0% of total booking fee forfeited.

Cancelling less than 1 year but more than or exactly 8 weeks before the date of your booking 25% of total booking fee forfeited.

Cancelling less than 8 weeks but more than or exactly 2 weeks before the date of your booking 60% of total booking fee forfeited.

Cancelling less than 2 weeks before the date of your booking 100% of total booking fee forfeited.

*In the event you cannot attend the retreat, and a replacement attendee can be found, then an admin fee of 20% of the deposit will be incurred and the remaining deposit will be refunded.



Need to Knows

Insurance

It is a condition of your booking, that you take out travel insurance to cover any cancellations, health, pandemics and other eventualities.

Check in and out

Check in time after 14:00pm

Check out time is 11:00am

Flights

You will be flying to Marrakech Menara airport (RAK).

Ryanair runs a route from both Luton (LTN) and Stansted (STN)

EasyJet and British Airways both fly from London Gatwick (LGW).

Manchester or Bristol (BRS) to Menara is with EasyJet

The average flight time from London to Marrakech is 3 hours and 35 minutes.

You must have a valid passport with at least one blank page.

Visas are not required for visits lasting less than 90 days.

Transfer Information

From Marrakech Menara airport to the retreat is around 40km

Transfers are arranged for you to and from the airport in Morocco but the cost is not included in the retreat price.

I will contact you once everyone is booked for you to share transfers / costs with those on the same flight.

All transfer payments will be paid at the time of the stay in Morocco in Euros.

Transfer cost around €40 per car, one way (approx 10-15€ each) depending on

how many people per sharing a transfer car.

What's not included

Flights

Tips for the staff

Spa treatments, all available and bookable on-site

Hammam €40 or 400 Dirham for 35 minutes

Massage €40 or 400 Dirham for 55 minutes

Transport from/to the airports in the UK and in Morocco

Travel insurance

Alcoholic beverages

Transport for outside of the arranged excursions (4x4 with driver is about 150€ per day)

Guides to go hiking



Finally

I am foremost a Yoga Teacher, not a Travel Agent, I will endeavour to do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions, or if I have missed any information that you might need and I'd be delighted to assist.

SEE YOU IN MOROCCO

Much love and light

Paula