

Your Retreat



the complete retreat concept





Your Retreat The 'Complete' Retreat Concept

We have a heavenly set up: an incredible yoga space immersed in breathtaking sea views, luxurious Moroccan accommodation on the beach overlooking the Atlantic Ocean, beside tranquil bays, near to traditional little villages and international airports yet still ideally placed apart for that true 'retreat' experience.

The retreat is based 10 minutes walk from Banana Village (Aouria), a traditional Moroccan village, and only 5kms south of Taghazout, a colourful characteristic fishing village, famous for its great surf and laid back, friendly atmosphere. We are 25km north of Agadir and 45km from Agadir's international airport. The artistic port town of Essaouira is just over 2hrs north and the buzzing city of Marrakech is 3 1/2 hrs inland.



Accommodation

The retreat is based at our enchanting Villa Mandala, on Banana Beach, overlooking the infinite Atlantic ocean. This magical villa, nestled between stunning sandy bays, is unquestionably the best accommodation on this stretch of Moroccan coastline.

Hidden beneath a blanket of bourgainvillia, Villa Mandala is a real relaxation retreat. The 8 beautiful bedrooms are lovingly decorated, sprinkled with ornate trinkets and designed to a theme. There are 4 stunning bedrooms immersed in ocean and pool views and 3 looking out over the foothills of the Atlas mountains. There is 1 peaceful bedroom downstairs where 1 to 2 teachers can stay free of charge. There are 6 bathrooms, with 2 ensuite seaview bedrooms.

Rooms are doubles and/or twins. One room is very spacious and can comfortably be a triple. Single rooms may be taken for a supplementary charge of £200.



Accommodation *Enchanting Villa Mandala*

Villa Mandala's spacious and cosy lounge areas dappled in sunlight and ocean views, beach front swimming pool, onsite hammam (traditional Moroccan steam room/sauna) and sweeping roof top terrace, create the perfect haven of indulgence and tranquility. Villa Mandala is the idyllic soulful escape.

For more info. please see www.surfmaroc.co.uk/mandala



The Yoga Shala

Escape the noise and retreat to the ocean...

Yoga classes are held in the shade of the stunning roof top yoga shala, with the ocean just in front & behind bougainvillea flowers, banana groves & the foothills of the Atlas. The shala's wooden pillars, floorboards & surrounding glass sliding doors allow it to be either a spacious studio or an open airy space for an inspiring & unforgettable yoga practice.



Breathtaking views and the soothing sounds of the ocean help you feel instantly at peace...

The yoga shala is rectangular: 6m breadth, 10m length, central height 3m. Maximum capacity 20 students. The walls have built-in dimmer lighting and electric sockets. We are fully equipped with yoga mats, yoga bricks, bolsters and blankets for all students to use during their retreat. You don't even need to pack your mat!



Eat incredibly well...

Happily indulge in delicious, nutritious vegetarian food, so you can enjoy maximum energy and buzzing vitality throughout your stay. Using only the finest and freshest local produce, our talented chefs, make each day of your retreat a 'taste sensation'.

After morning yoga, quench your thirst with our delicious cleansing smoothies, freshly squeezed orange juice, special herbal teas & freshly brewed Moroccan coffee. Enjoy hot bread fresh from the village bakery, local honey, jams, yoghurts, eggs, crepes, dried fruits, nuts and a rainbow platter of seasonal fruits. Sit back, relax & take time over a sun-filled breakfast banquet beside the glistening waters of the ocean front swimming pool. The perfect way to ease into each day!

Lunch is a picnic on the beach comprising of crispy baguettes with homemade veggie patés, salads and cheeses, energy boosting treats and fresh fruit.

At sunset, our fantastic chefs, create an irresistible array of traditional and contemporary Moroccan and international dishes. From a delectable display of tapas and aperitifs by the pool, to aromatic tagines, subtly spiced cous cous, vegetarian delights and divine desserts. Every evening a star lit mouthwatering feast is guaranteed to delight every palette...

We can adapt meal times and all cuisine to suit you and your guests' requirements, allergies and preferences. Please just let us know before you arrive.





Additional Optional Extras

Divine Treats :

For a rejuvenating pause we take you to a hammam, a Moroccan steam bath, to loosen and relax the muscles, traditionally followed by a gommage, an exfoliating massage-scrub, a spiced body mask and then a 2 hour full body massage. This heavenly afternoon treat allows you to truly unwind (£40/500 Dh).

Each onsite hammam at Villa Mandala costs 150MAD/£12.

One hammam, remains steamy hot for hours, so everyone can enjoy.

Essaouira :

This lively and artistic town makes for a very popular mid week break, an ideal place for shopping, eating and experiencing a bit more of magical Morocco. Transport for the day (vehicle & driver) 1100MAD/£90.

Horse riding, quad biking, camel riding...

We can arrange for you to take-in this dramatic coastal and hillside region on a quad bike, a camel or on horseback. Excellent horses and guides are available to suit all abilities (from £15 per hour).



Additional Optional Extras

Surfing :

We offer a one week surfing course, which includes: comprehensive and fun daily surf lessons with our fully qualified and experienced instructors, all board and wetsuit hire, transport to and from the beaches and surf guiding (£195). Surfing on a day to day basis is also available (£36).



Prices & Services

- Accommodation in our enchanting Villa Mandala
- 3 delicious wholesome meals a day provided by private chefs
- Unlimited fresh fruit, teas and coffee
- Exclusive use of the roof top yoga shala, swimming pool and hammam
- Daily cleaner service
- Return Airport transfers (transfers from Marrakech incur an extra cost)
- The friendly host service of the Surf Maroc team throughout you stay

The price of £349* per person per week is based on groups of 10 – 17 guests. *With a minimum of 10 guests 1-2 teachers may stay for free

All you need to do is bring your students/guests, teach yoga and enjoy a blissful holiday in the sunshine – we'll do the rest!

A week of surf school instruction is £195 per person per week. We can add this onto the price of the package for you along with any or all of the other services we offer, or your guests can pay for them separately in Morocco.

There is a minimum booking of 10 guests and a maximum of 17.

Flights are 3 1/2 hours to Agadir from Manchester, Birmingham and London. For more info. please see http://surfmaroc.co.uk/extras_faq.php

Booking in advance is essential. We require a £1000 deposit to secure your booking and the remaining amount 8 weeks prior to arrival.

For more information please contact :

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