



Yoga, Nature & Culture in Morocco From June 15 to 23, 2019

with yoga natura & Berberlands

On this journey, Yoga will be combined with nature & culture excursions. Together we will immerse ourselves into an authentic Morocco and get in touch with the native landscapes and hospitality of the people. Essaouira is known as the “pearl of the Atlantic” and is a special little port town in beautiful surroundings. It is here where argan trees grow and the “Moroccan oil” is produced. We will have a close look at its production on one of our excursions and visit the women who extract by hand this “liquid gold”, as it is called here.

Discover and enjoy Yoga, Nature and authentic Berber Culture!

Essaouira & Berber Culture

Essaouira, a romantic port town with its whitewashed houses and blue shutters and small streets is situated on the Atlantic coast (180km west of Marrakech).

The town has an enchanting medina (old town) with colorful souks (markets), a long beautiful sandy beach and the 18th-century fortifications “Scala del Mar”.

The Berbers are Morocco’s indigenous population, and they still maintain their own simple way of living, in sympathy with nature.



Yoga

In the mornings and evenings we practice Yoga for about 60 to 120 min. - remaining mindful, loving and focused throughout. In the mornings we start with vitalizing breathing techniques (Pranayama) and invigorating body postures (Asanas). After the excursions we unwind with gentle stretching postures and deep relaxation. On the free afternoons, we will dedicate the yoga session to a special subject (e.g. hip openers & forward bends, back bends & twists). The complementary singing with harmonium accompaniment helps facilitate a deeper involvement and feeling of the asanas. If you are new to yoga, beginners are also welcome!

Excursions

Back to nature and simplicity!

Berberlands offers individual tours for people interested in authentic encounters with nature, culture and people. The Haha region is remote, offering magnificent trekking off the beaten track. Foreigners are still not a common sight at the Berber souks in the countryside. We have put together a fascinating and exciting program providing an introduction to Essaouira and its surroundings and an insight into local Berber culture.



Accommodation and Board

Douar Noujoum means “the village of stars”. This is reflected in the star shape of its natural pool and by the fact that this is an oasis of peace where one can easily live magic moments immersed in calmness and tranquility. Body, mind and soul relax in the beautiful garden with its roses, bougainvillea, lemon and olive trees and pomegranate, and in the private hammam. We will be spoiled with delicious, healthy locally sourced vegetarian food.

Further details: <http://ressourcement-maroc.com>

Arrival / Departure and further information

Participants are responsible for their own travel arrangements to Morocco; we recommend flying into Marrakech. We can help arrange direct transfer to Douar Noujoum. The drive from the airport to the resort takes about 2,5 to 3 hours.

We recommend that participants acquire travel cancellation insurance.

To enter Morocco your passport has to be valid for min. 6 months. For tourist travel most visitors will get a stamp at the border control for a free 90-day tourist visa (as of 09/2018).

Room occupation at Douar Noujoum begins upon arrival on Saturday, June 15. We will meet in the early evening for welcoming introductions as well as a first (soft) yoga session in our yoga hall „Salle Les Pleiades“.

Departure is after breakfast on Sunday, June 23. *You have the option to extend your stay in Marrakech.*

Price and Service

Per person for Yoga classes and meditative exercises, four excursions with Berberlands, and eight nights at Douar Noujoum, including full board with vegetarian food, tea/coffee and water (on 2 excursion days we eat out).

Early Bird special through 15/12/2018

Regular bookings as of 16/12/2018

from 959,-€

from 1049,-€

Type of accommodation:

Dar – double accommodation (shared bathroom)

Dar - single accommodation (shared bathroom)

Double Room with private bathroom

Single Room with private bathroom

Early bookers

959,-€

1049,-€

1089,-€

1119,-€

Regular price

1049,-€

1139,-€

1179,-€

1209,-€

The maximum group size is limited to 12 participants.

Whether a familiar face or a new one, we look forward to seeing you in Morocco!

yoga natura / Sandra Bicker

- Yoga teacher (BYV-certified), teaches Hatha Yoga
- Yoga therapy trainings in India
- Vocal training (singing and harmonium) in Germany and India
- Leads Yoga Workshops and Vacations in Europe, Africa and Asia
- Has been practicing Yoga since 2002

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Berberlands / Claudia Stirnweiss

- Dipl. Social Worker and Master Social Management
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- Has lived and worked in Morocco since 2011

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