



## Yoga, Nature & Culture in Morocco From June 02 to 10, 2023

### 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 18<sup>th</sup>-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 Essaouira or Marrakesh. We can help arrange direct transfer to Douar Noujoum. (The drive from Marrakesh airport to the resort takes about 2,5 to 3 hours.)

We recommend that participants acquire travel cancellation insurance.

To enter Morocco your passport should be valid for the proposed duration of your stay in Morocco. For tourist travel most visitors will get a stamp at the border control for a free 90-day tourist visa (as of 12/2022).

Room occupation at Douar Noujoum begins upon arrival on Friday, June 02. We will meet in the early evening for welcoming introductions as well as a first yoga session in our yoga hall „Salle Les Pleiades“. Departure is after breakfast on Sunday, June 10.

## Price and Service

Per person for Yoga classes and meditative exercises, three excursions with Berberlands, and eight nights at Douar Noujoum, including full board with vegetarian food, tea/coffee and water (on three excursion days we eat out, one lunch is not included). *Transfer costs for the excursions will be paid directly on site, depending on the group size.*

### Early Bird special through 02/02/2023

from 995,-€

Regular bookings as of 03/02/2023

from 1065,-€

Type of accommodation:

Dar – double accommodation (shared bathroom)

**Early bookers**

Regular price

Dar - single accommodation (shared bathroom)

**995,-€**

1065,-€

Double Room with private bathroom

**1080,-€**

1150,-€

Single Room with private bathroom

**1075,-€**

1145,-€

Suite with double bed (for couples)

**1155,-€**

1225,-€

Suite with twin beds

**1170,-€**

1240,-€

Suite with double bed (for couples)

**1290,-€**

1360,-€

Suite with double bed (for couples)

**1490,-€**

1560,-€

**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
- Owner of Berberlands
- Has lived and worked in Morocco since 2011

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