



PALAIS AZIZA AND SPA

MARRAKECH



Holistic Yoga Retreats

with
Sally Goldfinger



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Give your body the care it needs with a balanced, holistic approach to yoga and detox. Set within the exclusive luxury of Palais Aziza and Spa, this 7-day retreat is suitable for everyone, regardless of age or experience.

With eleven years of experience, Sally Goldfinger is a true expert when it comes to holistic wellness, bringing together yoga, Ayurveda and wholesome nutrition to create a program that will help you de-stress, regain balance and improve your overall well-being.



Detox

Together, Sally and our Executive Chef Mounir Tourabi, have created a detox menu designed to heal your body inside and out. With cleansing juices and teas in the morning, a light and healthy lunch, and a delicious 3-course dinner each night, you'll enjoy a beautifully nutritious and healing gastronomical experience over the course of the retreat. All meals are vegetarian, vegan or gluten free, with the option of fresh fish for those who desire it.

Luxury Accommodation and Spa

Nestled away in the exclusive Palmeraie just 10 minutes outside of Marrakech, you'll spend 6 nights in the luxurious and beautifully designed rooms of Palais Aziza, with the option to stay in your own private room or share your accommodation with another guest. As part of the retreat, you'll have free access to the spa's sauna, jacuzzi, hammam and fitness center, as well as a 15% discount spa on treatments, from therapeutic massages to beauty treatments and more, all using natural and organic products. You'll also be able to enjoy the hotel's swimming pool and beautiful gardens, with plenty of peaceful spaces for you to unwind.

Yoga

Daily yoga sessions designed to build strength and flexibility, tone-up and reduce tension will take place in the hotel's gorgeously green gardens or in the serenity of the yoga tent. Sessions are suitable for people of all ages and experience levels; feel free to be you, leaving your stress and worries behind.



Ayurveda

Your week will start with an inspiring talk about the principles of Ayurveda, with a focus on different body types, imbalances and how to heal them, de-stress and more. For those who are interested in delving deeper, one-on-one consultations are also available.

Well-being and Exploration

As part of your program, you'll be treated to a day at the beautiful and inspiring Domaine Sauvage, a local organic farm built around the holistic principles of permaculture. Located at the foot of the Atlas mountains, the farm offers amazing views and a serene backdrop of shady fruit trees and wild flowers, the perfect setting for a yoga and breathing session, followed by a deliciously healthy farm-to-table lunch. For those who are looking to explore Marrakech's treasures, from the old Medina to the stunning Jardin Majorelle and Yves Saint Laurent Museum, a complimentary shuttle service is available daily.

Daily Itinerary

08:00

Start your day with cleansing detox juice & herbal tea

08:30

Get your blood flowing with a stretching morning yoga session

10:00

Enjoy a delicious and nourishing brunch

12:00

Relax, take in some sun or enjoy one of the luxurious spa treatments during your free time

16:00

Fruits and cleansing tea are served

17:30

Unwind and relax with an evening yoga session

19:30

A light 3 course dinner to end your day on a high note



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Package includes:

- 6 Nights luxury accommodation
- Personalised program
- Daily Yoga classes (2 times a day - 9 in total)
- Daily brunch & 3 course dinner
- Holistic Ayurveda talk
- Cleansing detox juice and herbal tea every morning
- Free access to sauna, Jacuzzi and fitness center
- Optional Hammam treatments (15% discount on all Spa treatments)
- 1 Day trip to a local organic farm, lunch included
- Complimentary airport pick-up and drop-off

Package does not include flights or travel insurance.

Sign up for the following dates:

8-14 Sept 2018 / 6-12 Oct 2018 / 10-16 Nov 2018
8-14 Dec 2018 / 5-11 Jan 2019 / 19-25 Jan 2019

Prices:

All-inclusive and in shared accommodation € 2.635/person
All-inclusive and in single accommodation € 3.235

Terms and conditions:

*Rates are in €, inclusive of TVA and subject to city taxes: €3 per person per night.
The retreat offer requires full payment upon reservation. Rates are non-refundable
4 weeks prior to the event.*



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Palais Aziza and Spa
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