

UNLEASH YOURSELF

LIVE YOUR LIFE WITH FULL POTENTIAL

RETREAT FOR YOGA & PERSONAL GROWTH



APRIL 9-16, 2022

TAGHAZOUT, MOROCCO

WWW.EN.LATRAVELISTA.DE/RETREAT-MAROKKO



WELCOME

The person whom we spend time the most time with in our lives is ourselves. All areas of our life will develop according to our wishes and ideas if we see ourselves as a priority, take good care of ourselves, and are compassionate with ourselves.

It is time to live up to your potential.

Would you like to **start with yoga or deepen your practice?**

Would you like to **reach your full potential and inner strength?**

Have you heard of the **benefits of meditation** and would like to experience them?



The mission is to give you the tools you need to find out who you are, what you are capable of and finding your inner and outer strength.

- . Yoga & Meditation
- . Life Coaching Workshops
- . Healthy Nutrition
- . Time for yourself
- . The intention to be the best version of yourself



**TIME ONLY FOR YOU.
IMMERSE YOURSELF INTO THE WORLD OF THE
ORIENT AND FIND THE STRENGTH IN YOU.**

@LA.TRAVELISTA



NADINE, 'La Travelista', Life and Motivational Coach, teacher for Hatha & Vinyasa Yoga.

A versatile person who has learned through her diverse training and work (actress, marketing manager and fitness trainer) to motivate, lead and inspire other people to grow.

'Accepting changes with confidence and making decisions courageously and wholeheartedly is the essence of my coaching.

We all have an inner potential that is just waiting to be fully unleashed to achieve what we really want in life.'

@ADRIAN.FISIOYOGA



ADRIÁN, Physiotherapist & teacher for therapeutic & restorative Yoga.

From an early age one wish for his life was very clear to him: helping people.


With his deep knowledge of the body, anatomy and biomechanics he supported people in Germany, Peru and Colombia to improve their physical health and to use their inner potential.

Detailed yoga classes, therapeutic massages and physiotherapeutical treatments as well as nutrition tips are what is awaiting you from him.

Do you dare to live up to your full potential?

THE TEAM

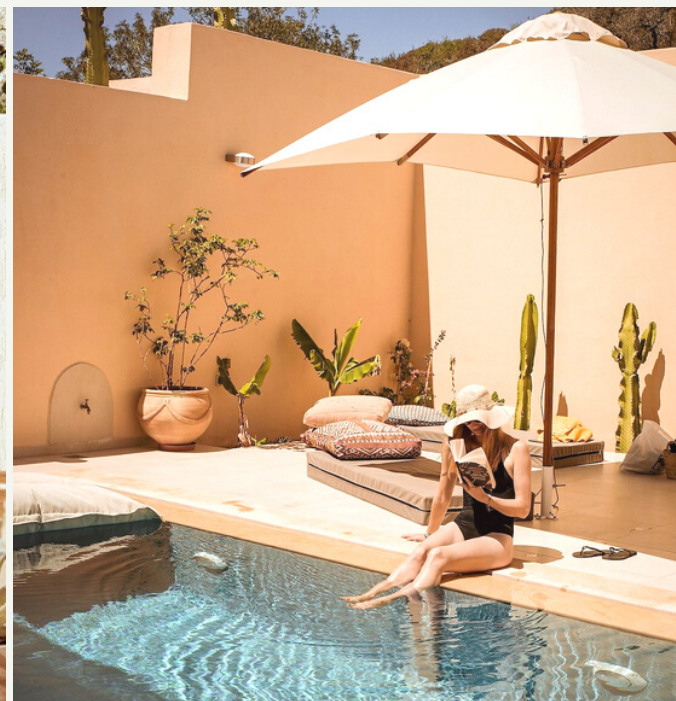




LOCATION

Villa Surya is located on the edge of a nature reserve in Imi Ouaddar on the Atlantic Ocean. It is surrounded by the Anti-Atlas mountains, argan trees and cacti and is only a two-minute walk from the famous "Paradise Plage". As soon as you enter the villa, it's time to relax. A swing, a small garden, a cactus oasis and fountains await you. The pool with garden and the nature reserve view invites you to relax or read a good book.

Highlight: the 360 ° panoramic roof terrace with jacuzzi, sauna, sunset viewpoint and the 75 m² yoga studio.





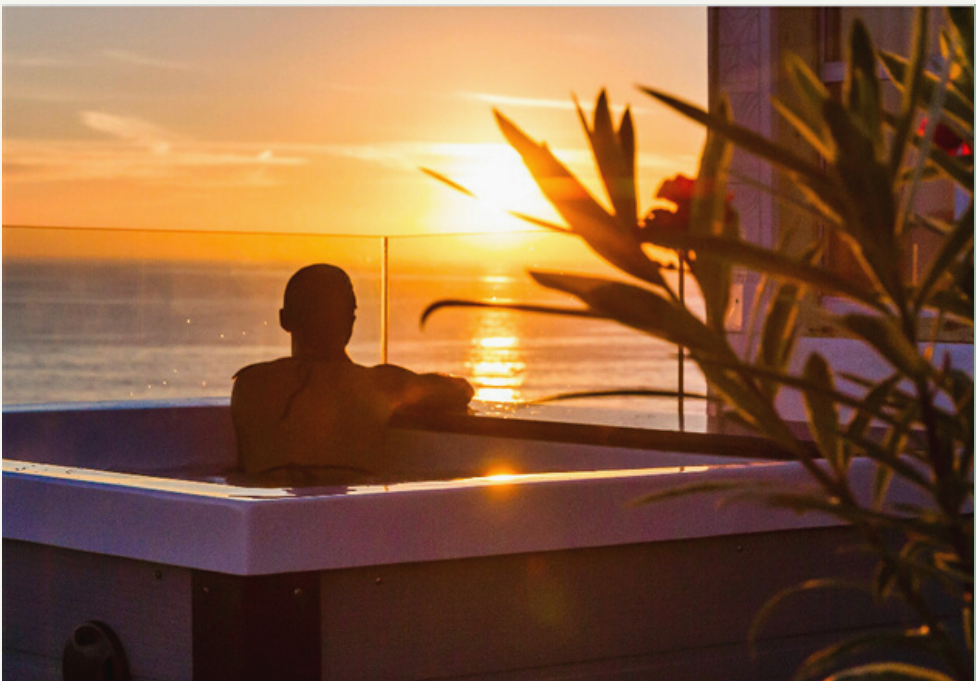
TAGHAZOUT



Imi Ouddar is a small fishing hamlet located north of Agadir and close to Taghazout with a mountainous backdrop and quiet beach.

Taghazout stands out for its remarkable setting. Its views are breathtaking and the sun shines year round. Both Taghazout and Imi Ouddar have long sandy beaches bordered by the High Atlas Mountains.

The area attracts visitors looking for calm and tranquility away from more visited destinations such as Marrakech and Agadir.





MEALS & NUTRITION

Homemade food, fresh and local ingredients, food as 'medicine'. Vegetarian and vegan options. Let us know your diet when you book and let us surprise you. We want you to feel great from the inside out. Some inspiration of what to expect:

BRUNCH

Smoothie bowls | homemade yogurt
Fresh baked bread | various egg
recipes | slow cooked veggies
Fresh juices & smoothies



TEATIME & SNACKS

Afternoon snacks that make sure to keep the blood sugar level running and give you energy for the evening yoga class, such as energy balls, raw bites, courgette muffins and many more.



DINNER

Chickpea Tomato soup |
Couscous or Quinoa filled bell
peppers and tomatoes | glazed
carrots | salad | filled figs





ONE DAY WITH US

Example agenda - precise planning follows

7:30 am Meditation & Activating Vinyasa Yoga

9:30 am Brunch

- Free Time -

We offer optional activities such as hikes, trips to the beach, markets or Taghazout, massages, surfing - a list of activities will be given prior to the start of the retreat

4:00 pm Afternoon Tea and Snacks

4:30 pm Workshop for Personal Development

6:00 pm Calming, Restorative or Yin Yoga

8:00 pm Dinner

*Sample planning, therefore subject to change.
Optional activities such as surfing, hiking, etc. are done during free time.*



TRIPLE ROOM

(bookable as an individual or group)
1.150€ p. p.

TWIN ROOM (shared/private bath)
1.250€ p. p. / 1.350€ p. p.

DOUBLE ROOM
2.700€

SINGLE ROOM (shared/private bath)
1.350€ p. p. / 1.450€ p. p.

What's included

- 7 Nights
- Healthy and nutritious Yogic diet
- Pool, Jacuzzi & Sauna
- WiFi
- Yoga & Meditations
- Yoga Studio with Equipment
- Life Coaching Workshops

Not included:

- Flight to Agadir or Marrakesh
- Transport between airport and location can be booked with us.
- Travel and health insurance
- Optional activities (e.g. massages)

.....

BOOKING REQUESTS:
www.en.latravelista.de/retreat-marokko
travelist.creative@gmail.com
+34 644 451 969 (Nadine)

PRICES



BOOKING & PAYMENT

RESERVATION & BOOKING

- If you request a booking, your place will be reserved for 5 days
- The total amount must be transferred within 14 days, but no later than March 31, 2022



CONTACT:

www.en.latravelista.de/retreat-marokko
travelist.creative@gmail.com
+34 644 451 969 (Nadine)



PAYMENT Option 1

Bank transfer:
Nadine Speer
Solarisbank
IBAN: DE81 1101 0100 2733 5911 98
BIC: SOBKDEBBXXX

PAYMENT Option 2

Paypal:
Nadine Speer
nane.speer@hotmail.com

- Terms and conditions and cancellation policy will be sent together with the invoice
- Covid-19 coverage: if the retreat cannot take place in November 2021 due to Covid-19, a new date will be set within one year in consultation with all participants