



# YOGA & SURF RETREAT

## MOROCCO

OCT 20-27, 2023

Join Christine for a week of Yoga, surfing, exploring and relaxation. Nestled in the foothills of the Berber mountains and on the edge of the Atlantic ocean, we will be staying in the peaceful village of Tamraght Oufella - the perfect spot for a calm and authentic experience of Morocco.

# Accommodations



**All rooms have an ensuite bathroom.**

**Double occupancy:** \$1,850-CAD early bird / \$1975.- after May 31, 2023 (if you are traveling solo, we'll do our best to pair you up with a suitable roomie)

Space for this retreat is limited, reserve your spot!!

1. A **non refundable** \$400.-CAD deposit upon booking is required to reserve your spot.
2. 50% of the total (minus deposit) is required by June 30, 2023 (**non refundable**)
3. Remaining balance is due 2 months prior to retreat start : Aug 20, 2023

\*All payments are made directly to **yogaretreatadventures@gmail.com** via etransfer, cash or cheque. All fees incurred with payment are the payer's responsibility.

## **Included:**

Accommodations  
Airport Transfers from  
Agadir Airport  
3 meals per day  
Yoga classes  
3 surf lessons  
Paradise Valley  
Moroccan Cooking  
Class

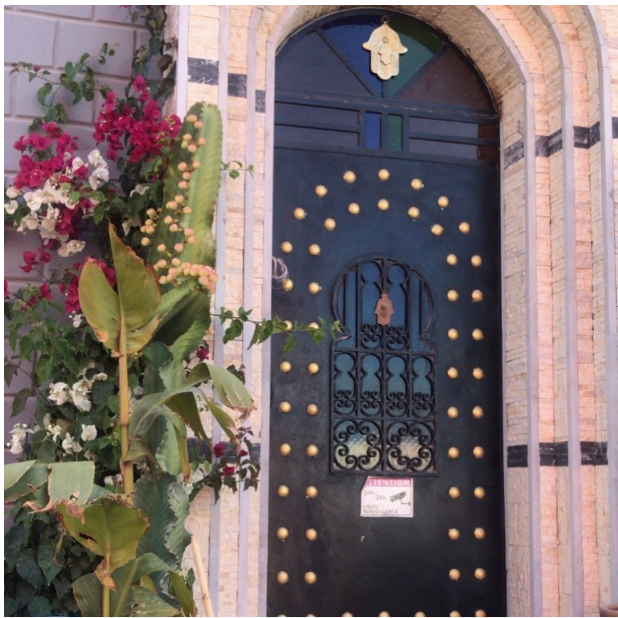
## **Not included:**

Flights  
Travel Insurance  
A l c o h o l i c  
beverages  
H a m m a n /  
Massages

## **What to bring:**

Bathing suit  
Sunscreen  
Bug spray  
Yoga clothes  
Yoga mat (if you  
prefer your own)

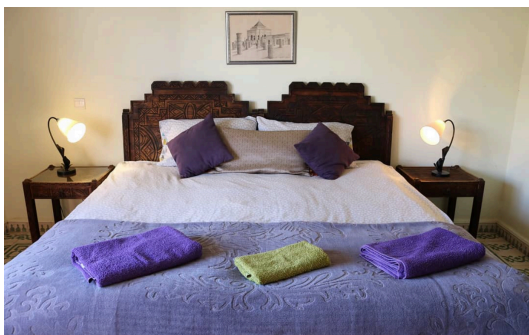


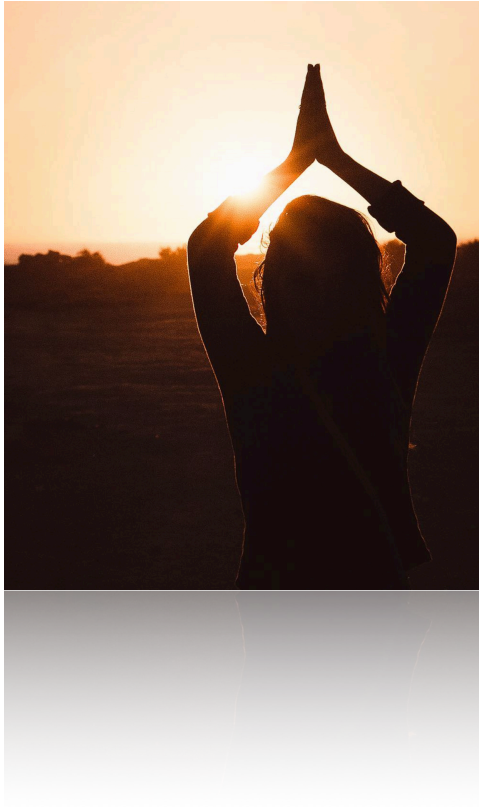


## LODGINGS

Based in Tamraght Oufella, a peaceful Berber village in the foothills of the mountains and on the edge of the Atlantic Ocean, Villa Azhar was built with a creative vision in mind - a calm, open and inspiring space for everyone to relax and feel at home, be able to explore and enjoy the local area, whilst offering comfort and tranquility.

With light, spacious rooms and added home comforts, authentic home cooked Moroccan meals and a dreamy location between the Atlas Mountains and the Atlantic Ocean, our Villa is the perfect base for your Moroccan adventure to begin!





## Yoga Classes

There will be 2 daily classes. An invigorating Vinyasa (Power) Flow class in the morning, and a relaxing and meditative Yin class in the evening prior to dinner.

All levels are welcome (some yoga experience is recommended) and modifications will be given. Mats and props are available.

Christine is an experienced instructor and will offer expert guidance to everyone.



## Surf Lesson

Surf sessions will take place in small groups with plenty of personalized attention and tailored to your needs with our passionate instructors, allowing for a more intimate learning experience. Our surf days run from 10am - 4pm, with surf transport included. Lunch can be packed in cooler to take to the beach.



## Meals

Three delicious, healthy lovingly prepared meals will be offered using local ingredients. The chef uses fresh local herbs and produce to prepare creative menus tailored specifically to meet your dietary requirements. Upon booking please specify any dietary restrictions or allergies.



## Moroccan Cooking Class

We will spend the morning exploring the bustling Souk Aourir – a weekly farmer’s market in our neighbouring village – where we source all of the fresh, organic ingredients for our weekly menu.

Then come to the rooftop kitchen for an authentic cooking lesson with our Moroccan chef, Fatima. You’ll learn how to prepare and cook Tagine – a traditional Moroccan dish slow-cooked to perfection and full of flavour. Once the Tagine is ready, we’ll share the dish on our rooftop dining area with freshly baked bread and some sweet mint tea.



### *Hammam & Massage*

From €20 per person per treatment at a local spa within walking distance from our villa (*not included*)

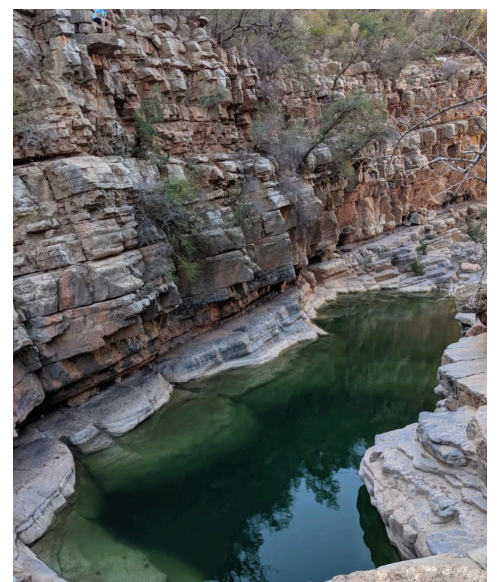
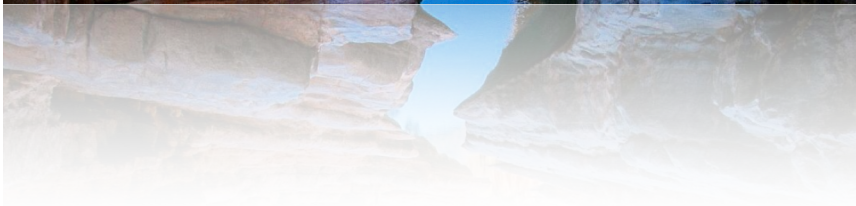
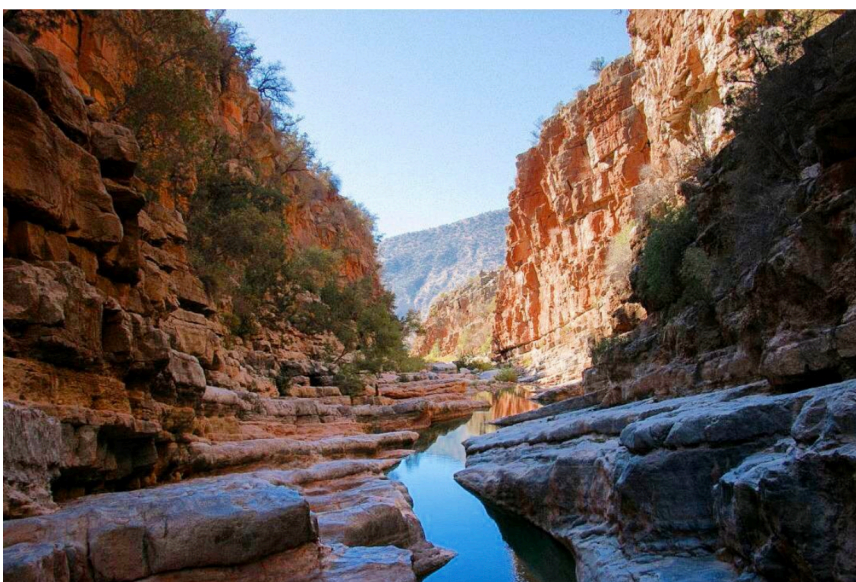
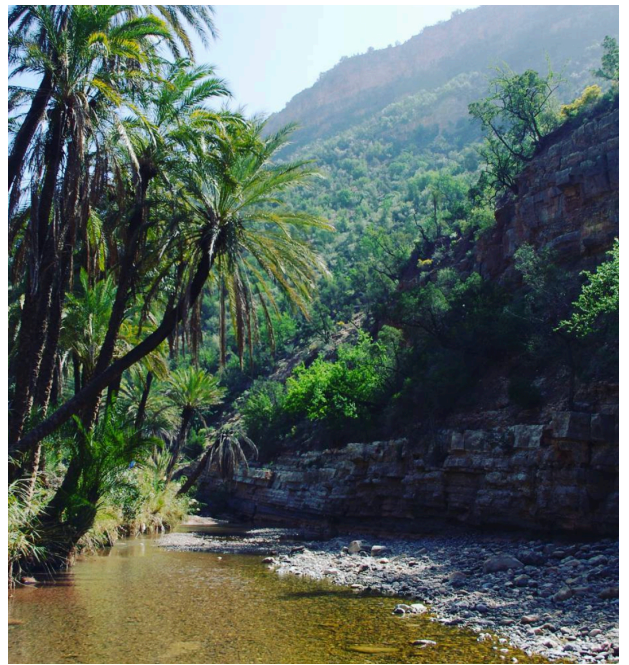


## Paradise Valley

We will explore this hidden gem deep in the anti-Atlas mountains, and experience a different Moroccan landscape to the beaches of Tamraght.

We'll stop off at a local Argan cooperative in the picturesque village of Alma, where you'll be guided through the herb gardens and learn all about the world famous Argan Oil, which is only produced in this area of Morocco.

From there we'll drive further into the mountains until we reach the valley and after a short hike through the mountains, we'll relax at one of the less crowded pools and enjoy a fresh, homemade lunch under the sunshine.





# Christine Eberle

*Yoga Teacher / Yoga Retreat Leader*

Originally from Germany, Christine lives in Canada and has been teaching yoga since 2006. She has taken several teacher trainings (Vinyasa/Power/Yin Yoga, many continuing education studies and has a deep understanding of the struggles students may face in class and she hopes to help them break through their edge, grow and feel empowered by trying new things.

Her classes are challenging yet light hearted and infused with humour and possibly a very slight German accent.

Christine loves to combine 2 of her favourite things - yoga and travel. After leading her first retreat in Germany in 2017 she realized she was a natural at bringing people together for an unforgettable, well rounded yoga travel experience. Several more retreats in Central America and Europe followed and she is thrilled to take you on her sixth retreat and first time to Morocco.

Everyone and every level is welcome !

To find out more please go to [www.christineeberleyoga.com](http://www.christineeberleyoga.com)

