

Sweat & Soul Retreat

Morocco

11th-15th January 2018



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Thursday

Midday Onwards: Arrival

16:00 Welcome Drinks & Snacks

18:00 Yoga

20:00 Dinner & Introduction

22:00 Meditation

Friday

08:00 Calisthenics

09:00 Breakfast

10:30 Massage / Hamman

12:30 Lunch

14:30 Free time / Beach

18:00 Yoga Flow

20:00 Dinner

21:30 Body Talk

Saturday

08:00 HIIT Session

09:00 Breakfast

10:30 Relax

12:30 Lunch

14:30 Surf Lesson / Beach

18:00 Yin Yoga

20:00 Dinner Out

Sunday

07:30 Sunrise Cardio

09:00 Breakfast

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10:30 Restorative Yoga
12:30 Lunch
14:30 Massage / Hamman
18:00 Sundown Strength
20:00 Dinner
21:30 Mindfulness

Monday

08:00 Yoga
10:00 Brunch
12:00 Departure from the house

**Price: £700 per person for shared room, £850 for private room with double bed
(£1,250 for two people sharing a double)**

Included:

4 nights' accommodation
All classes
4 x nutritional breakfast,
3 x lunch,
3 x dinner and healthy snacks
1 x 20-minute massage

Not included:

Flights
Transfer to house 10 Euros each way
Massage £50 for hour session
Surf Lesson
Dinner Out

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