

# 'NOURISH AND RESTORE' YOGA AND SURF RETREAT

IMSOUANE, MOROCCO  
28 MAY – 4 JUNE 2022



# RETREAT BENEFITS

Yoga and water based activities are recognised as proven ways to finding your flow state.

This unique combination of Yoga and Surfing covers all levels of fitness and experience. Beginners of either activity, or both, are very welcome if you wish to begin your journey or for experienced participants to broaden your knowledge and your own practice.

Your yoga practice will include daily meditation walks or seated meditation practice as well as 'Heated Yang' and 'Cool Yin' Sequences. By creating dynamic, strengthening & warming, but also restorative, releasing and meditative sequences, sessions will be adapted to the group and modifications will be offered to ensure all participants receive the benefits of the practice.

Each Yoga session will give full attention to detail (alignment and biomechanics), the science of breath (Pranayama), allowing openness to Flow and Fluidity of movement from intuitive expression. Trust, mindfulness and authenticity is encouraged as we find the vast benefits of yoga through breath work, meditation & asana and we will provide a complete package that embodies mental and physical transformation through positive psychology. Bringing 'Flow State' to our practice on the mat as well as off the mat in daily life.

The 'Real Flow Yoga' ethos being 'Yoga that attunes us to the Flow of Life'.

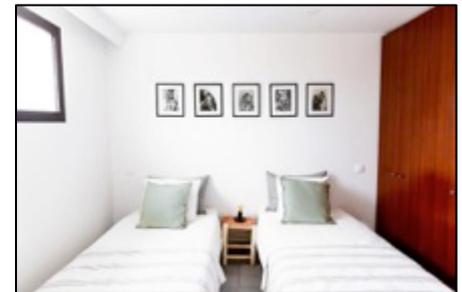


# RETREAT LOCATION

Imsouane sits on the rugged Moroccan coastline between Agadir and Essaouira, nicknamed 'The Magic Bay' and widely known for the longest waves in Morocco. the retreat venue is a tranquil oceanfront private luxury villa at Imsouane Bay, the perfect place to unwind. The villa has a beautiful pool and covered poolside yoga space. The villa has a calming minimalistic yet homely vibe, and is decorated with traditional Moroccan artwork, with stunning bedrooms that open out to an ocean view.

Dar Zitoun was built as a peace sanctuary for the ultimate yoga and surf experience of simple and chic beach living. The house was crafted with taste for art and culture and inspired by the raw beauty of the natural environment. You'll immediately feel at home in this luxurious villa named "House of Olives" by the good vibes, peace, and friendship that's embedded in its energy. Lounge by the pool, relax in the gardens, bask in the view of the Bay, and find everything you'll need for the perfect yoga and surf getaway.

Bedrooms are individually designed and varying sizes with accommodation from queen beds for couples, twin beds for sharers and triple bedded rooms or bunk beds for a more cost effective way to 'retreat' yourself!



<http://www.olosurfnature.com/dar-zitoun>

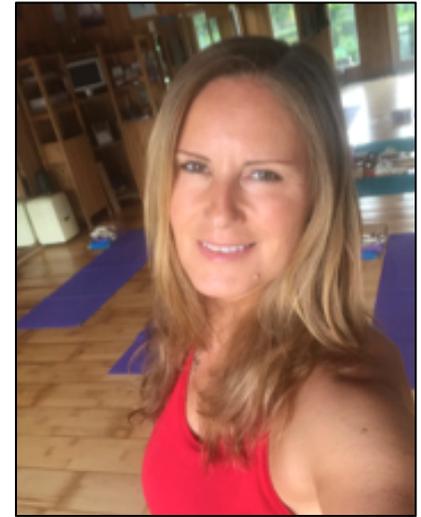
# RETREAT INSTRUCTORS

## ADRIANNE NIGHTINGALE FROM INDYOGA

Adrienne trained as a professional ballet and contemporary dancer, but after sustaining a serious back injury during her 5-year full time training she was forced to give up dancing and seek an alternative career path.

While working as a Freelance Event Director in a demanding and stressful corporate environment for 27 years, Yoga became part of her therapeutics to manage chronic back pain and overall physical and mental well being. Her love of movement was finally re-introduced and the pain relieved and diminished!

Now, as a registered 'Real Flow' Yoga, Yin Yoga and SUP Yoga instructor, Adrienne's approach to teaching is energetic, fun and inclusive. Bringing breath controlled free flowing & fluid movement to the mat and introducing the chakra system to assist with adopting positive psychology. Adrienne offers a balanced yoga sequence to any level of practitioner wishing to find their 'Flow' through Yoga on and off the mat.



# RETREAT INSTRUCTORS

## TRACEY KISSANE FROM ESSENCE FLOW YOGA

Yoga has been a part of Tracey's life since she was 18 years old. The essence of this discipline is the relationship that's built between body, mind and breath. Practicing yoga has helped her grow stronger and more flexible, both on and off the mat, and allowed her to gain moments of clear perspective.

Tracey started her teacher training in February 2018 by completing a 100-hour Therapeutic Yin Yoga & Myofascial Release course with Samdhana Yoga. In September 2018 she achieved her 200-hour yoga teacher training qualification with Real Flow Yoga. The course covered various yoga lineages, such as Sivananda, Jivamukti, Ashtanga, Prana Flow and Tripsichore, with a focus on the positive effects that Flow State can have on mental wellbeing.

In her classes she aims to create a space of non-judgment, empowerment and inspiration to help you develop and deepen your practice, and leave your mat feeling refreshed and nourished.



Essence Flow  
Yoga

# RETREAT ITINERARY

<b>Saturday 28 May</b>	Arrival day
<b>Sunday 29 May</b>	Yoga, free time, yoga
<b>Monday 30 May</b>	Surfing, Yoga
<b>Tuesday 31 May</b>	Yoga, free time, yoga
<b>Wednesday 1 June</b>	Yoga, Free Time/Beach Clean, Yoga
<b>Thursday 2 June</b>	Visit Essaouira
<b>Friday 3 June</b>	Surfing, Yoga
<b>Saturday 4 June</b>	Yoga, Departure day



N.B.  
This itinerary is subject to change due to surf conditions

# RETREAT INVESTMENT

- 7 nights in a private, luxury Moroccan beachfront villa with swimming pool
- En-suite shared rooms with private terraces and herb garden
- Outdoor Yoga space with Ocean view. Mats, blocks, straps, bolsters and blankets are provided
- Locally sourced nutritional breakfast, lunch and dinner
- Unlimited complimentary tea, coffee and fruit bowl
- Energising & dynamic Yoga flows and Yin Yoga & meditation practices
- Two surf lessons with board and wetsuit, 1 min from villa with beach access
- Full day excursion to the magical and beautiful city of Essaouira
- Movie night and a group beach clean
- An experienced local team supporting your stay
- Return group transfers from Agadir Airport

EARLY BIRD PRICES UNTIL 1 DECEMBER 2021 (prices then increase by 10%)

- **Triple room: £950.00 per person**
- **Twin/double share Mountain view or Garden room: £1150.00 per person**
- **Twin/Double Share Suite or Ocean View Room: £1,300.00 per person**

**NON-REFUNDABLE DEPOSIT upon booking of £250.00. Final balance due 1 March 2022**

## Not Included

- Flight to Morocco
- Transfers from Marrakech or Essaouira (we can assist with the booking of this transfer only)
- Optional activities or additional surf days and hire of equipment
- Travel Insurance (must include Surf and yoga on the policy)

# RETREAT TRAVEL

Nearest airport Agadir - 2hrs from the Villa

We recommend the following flights to align with group transfers

Saturday 28 May

**London Gatwick to Agadir**

Flight number: EZY 8149

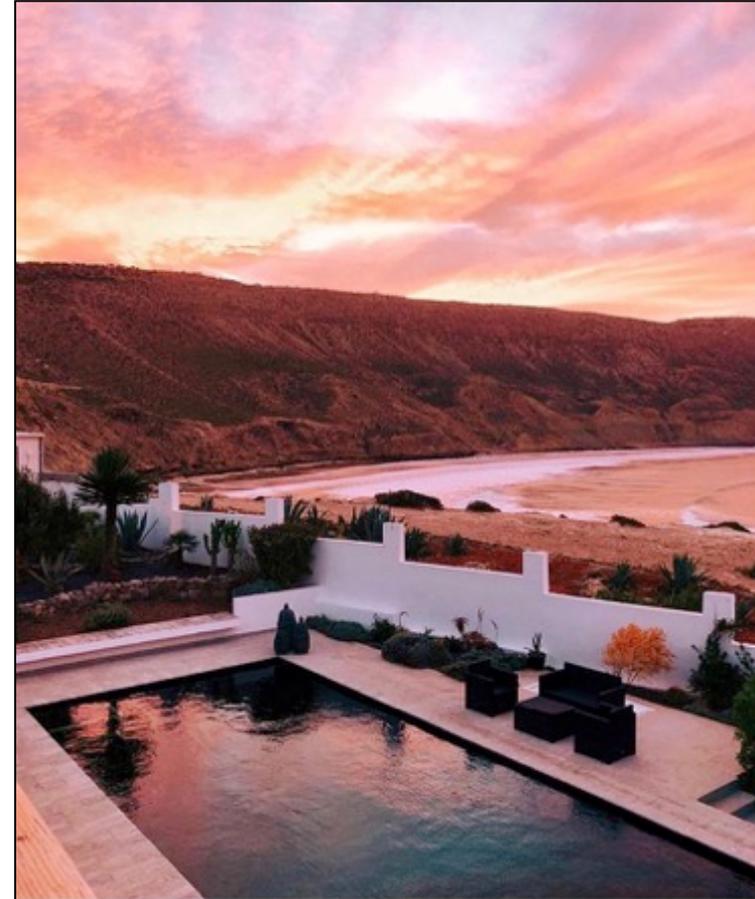
Departure: 15:05 / Arrival: 19:00

Saturday 4 June

**Agadir to London Gatwick**

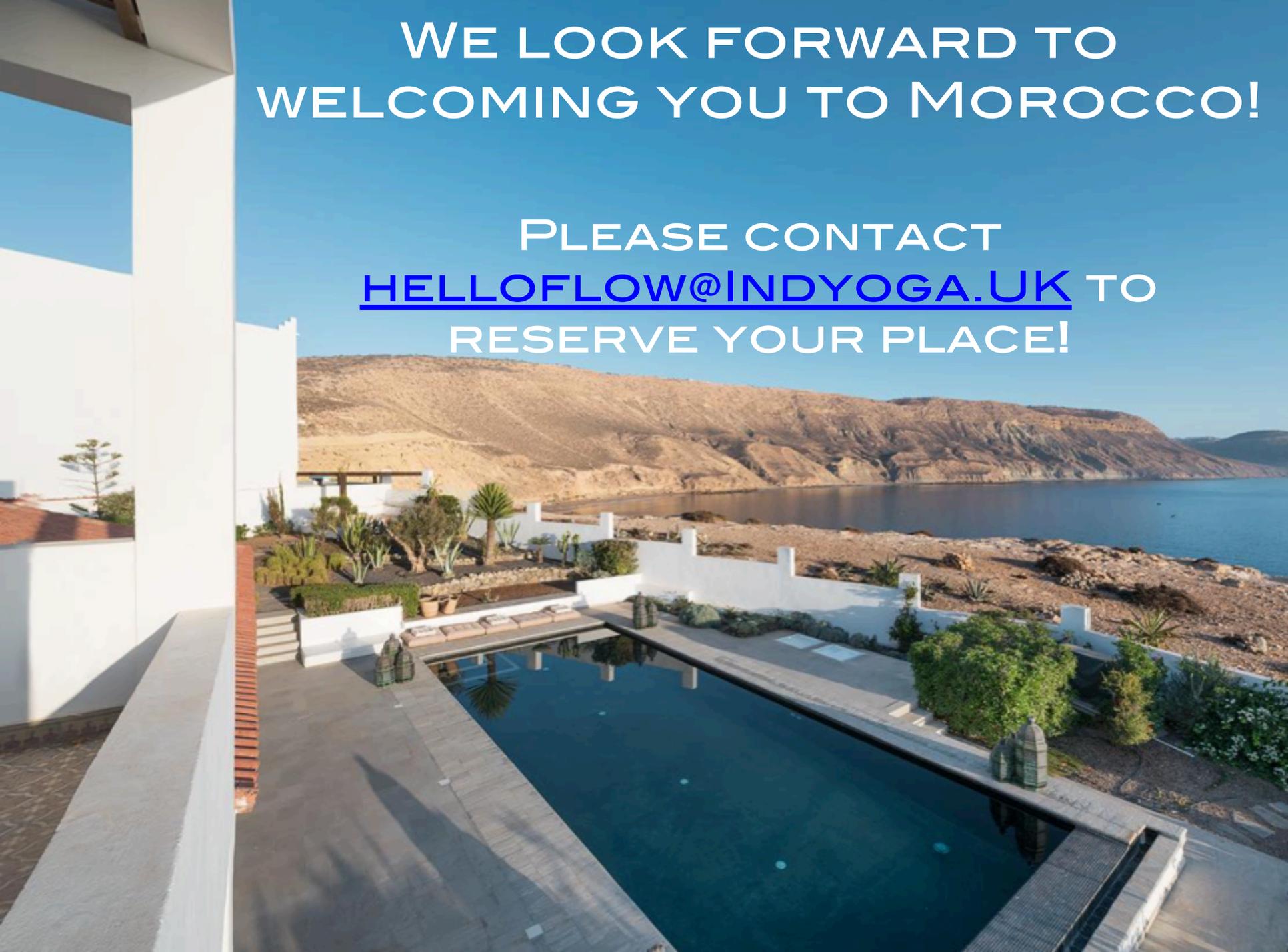
Flight number: EZY 8150

Departure: 19:45 / Arrival: 23:25



N.B.

Only a return group transfer is included. If you are travelling outside the recommended flight times to and from Agadir or other Moroccan airports you are responsible for your own transfer costs, which we can assist in the booking process.



WE LOOK FORWARD TO  
WELCOMING YOU TO MOROCCO!

PLEASE CONTACT  
[HELLOFLOW@INDYOGA.UK](mailto:HELLOFLOW@INDYOGA.UK) TO  
RESERVE YOUR PLACE!