



Awaken Your Inner Power

Marrakech Retreat

28TH FEBRUARY - 5TH OF MARCH 2023

“True self-care is not bath salts
and chocolate cake, it’s making
the choice to build a life you don’t
need to escape from.” – Brianna
Wiest

CONNECT TO YOUR INNER STRENGTH



THE RETREAT



Our signature retreat is back!

Join us from February 28th till March 5th and take time to re-connect with yourself, to what lights you up and learn to work with your body, mind and spirit to create a life you love.

Over the course of 5-days we will help you take the time to connect to your inner strengths and what is holding you back from enjoying and creating the life you most want to live.

Surrounded by nature and connecting with like-minded people, we offer the best-in-class support through yoga, movement in nature and interactive workshops.

Changing your life, for the better, never was this fun or easy!

Why attending a retreat?

Research has shown that attending a retreat can help your metabolism in the long run (thanks to yoga, meditation and fitness), and, attendees who have joined a retreat report to have more clarity, feel empowered and motivated to make more conscious decisions in their life after coming back.

Our retreats are designed to provide a safe space where attendees can explore and get curious about what lights them up.

With a blend of learnings in neuroscience, positive psychology, fitness and yoga practices, we work together, aligning mind – body – soul to help you unlock your inner power and move past blocks that may be holding you up.

We give space for growth, development, reflection and connection... and all in the beautiful backdrop of Magical Marrakech.

THE VILLA



Just 10 miles from Marrakech, El Goute offers a magical experience: nature, comfort and relax.

LOCATION

With the most glorious views of the Atlas Mountains, the villa is situated in the countryside within its own 7 ½ acre plot.

A large, traditional Moorish style single storey property offers a relaxed ambience and the perfect opportunity to disconnect, re-connect and relax.

Only a 10 mile journey to Marrakech, is also a great opportunity to venture into town and discover its magical beauty: trips to the Medina, the Souk or the many other hotels and restaurants of its surroundings!

FEATURES

- Panoramic views of the Atlas Mountains
- Set in 7.5 acres
- Heated Swimming Pool
- Tennis court
- Hand ball/Basket ball court
- Petanque court
- Table tennis
- Hamman
- Massage Room
- Outdoor terrace for dining and seating
- Air conditioning
- Fully staffed – housekeeper, chef, maid, gardener and night watchman
- Wifi, TV and DVD player.

*Retreat
Package*

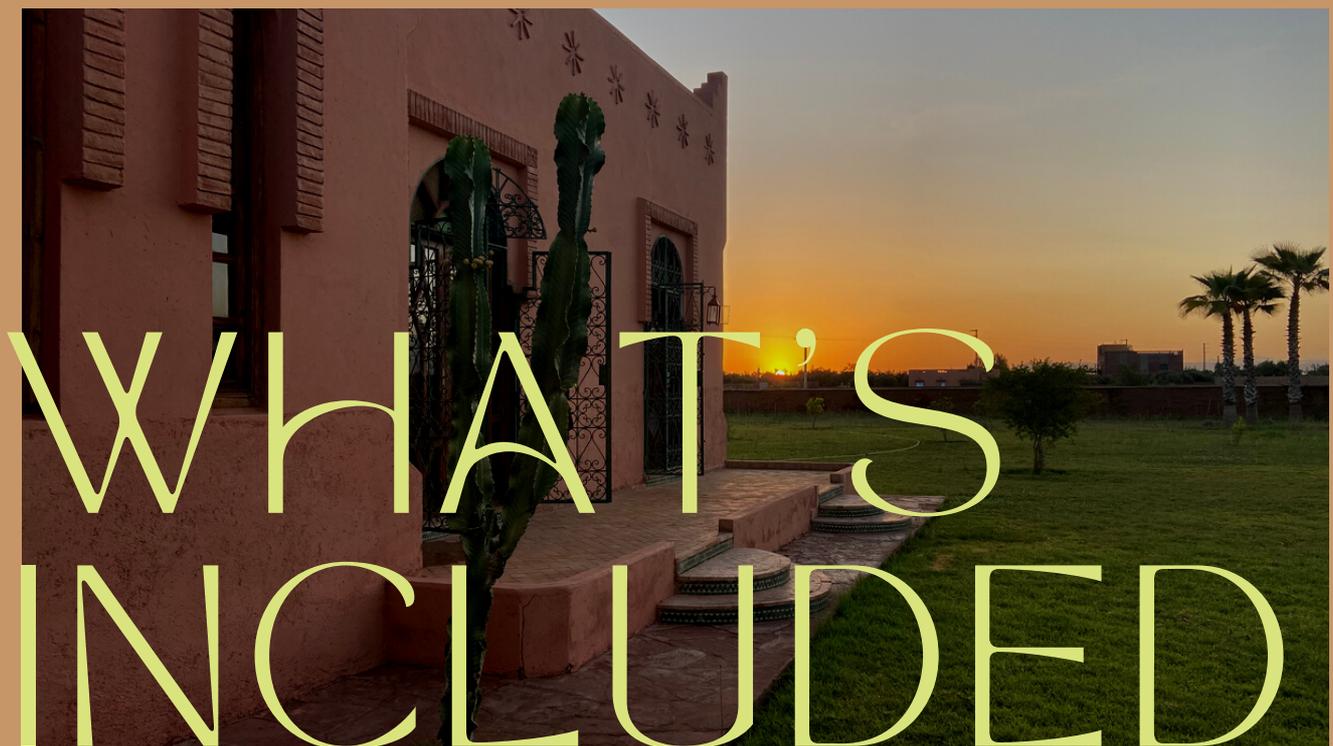
Accommodation (February 28th – March 5th)
All meals included
Celebratory dinner
Yoga, fitness and workshops
£1,297 shared occupancy – £997 if booked
before July 30th
£1,897 single occupancy – £1,297 if booked
before July 30th
£397 – bring a friend

*What's not
included*

Flights
Transfer from Marrakech airport to villa (return)
Alcoholic drinks
Other trips / activities (see "what's on offer"
below)

*What's on
offer*

Traditional moroccan scrub in the harman – 150
dirhams
Massage in the massage room – 350 dirhams
Cooking class – TBC
Trip to Ourika / Medina / Souk – TBC



MEET THE TEAM

Patricia Legatt - @trishlighthouse108

Patricia has ran successful retreats all over the world. She is a highly qualified Yoga teacher ,Yoga therapist and Yoga Nidra Instructor.

Patricia is a warm, intuitive, who teaches from the heart. She is passionate about the transformative power of Yoga and how it can potentially help others to feel healthy, happy and whole. Her classes include mindful vinyasa flow, Iyengar inspired asanas, Yin Yoga and Yoga Nidra. (The heart of yoga - similar to a guided meditation which is deeply healing.)



Lucia Paredes - @coachingwithlucia

Lucia is a Happiness Coach and an experienced Marketeer with a 15-year award-winning career.

Her deep understanding of the fast-paced corporate world combined with her expertise in happiness and optimal well-being, helps her not only understand the challenges of living on autopilot, but create a safe space and bespoke coaching sessions designed for individuals to both thrive and revive in life.



Fleur Prime - @fleurprime

Fleur Prime is a life coach like no other. As a Mum of three she is a highly skilled expert who blends her 20 years of working in education with a deep intuition and empathy to help transform the lives of others. Through a unique blend of education principles, holistic psychology, health optimisation and neuroscience Fleur is helping people, children and teenagers rebuild the relationship they have with themselves, to help them lead a happier more fulfilled life.



The Reviews & How to book

Having never been on a retreat before, I really didn't know what to expect but whatever my assumptions or hopes for what I would get out of it were, it surpassed them all. Every workout, workshop and activity was perfectly planned by Lucia, Fleur and Trish to take you on your wellness journey and give you the tools you need to continue that journey once you leave. The villa was idyllic, the food incredible and the people were extraordinarily welcoming. I'd do this all again in a heartbeat. (Ailsa Scott)

What an amazing 5 days away... I felt totally refreshed, relaxed and rejuvenated. The villa is magical, it has such a great aura and you relax the minute you walk in. The food was delicious and the ladies in the kitchen just couldn't have been more accommodating. Lots of "me time" to just relax, read and "take it all in". (Nicki Saker)

What a wonderful experience in Marrakech! The retreat was everything that was promised and more. Lucia, Fleur and Trish brought together a wealth of experience, knowledge, skills and energy to deliver a heartfelt five days of rest, recharge and awaken. (Gemma Chapple)

Being my first retreat, I can't draw comparisons but I couldn't think of a better way to deliver it. 10/10! Loved everything. Thank you for an amazing week. (Beatriz Ward)

If you were doubting the purpose of going on the retreat or what you would get out of it - don't! Go and trust in it. Lucia's, Fleur's and Trish's are some of the safest and most caring hands you could put yourself in and the group dynamic was especially lovely. Fun was definitely encouraged and the odd drink freely enjoyed. So glad I went. (Katherine Sheerin)

Thank you to the PEAC team for an amazing experience in beautiful Morocco.

I loved the harmony of movement + stillness in the planned activities, whilst also being reassured that participation is always a choice. The location & villa itself is awe-inspiring - such luxury; so calm & still too.

Thank you, ladies, for your wisdom, your passion & your kindness this experience will last a lifetime. (Lucy Gibbons)

Never have I felt so refreshed than returning from this amazing retreat. Our wonderful hosts and coaches couldn't do enough to support us during this time of reflection and relaxation - in one of the most beautiful locations on earth. Each day brought new thoughts, feelings and adventures - memories that will last a lifetime. Thank you, PEAC - for helping me find my inner power xx

I chose to sign up to the Marrakesh retreat not knowing what to expect and not really knowing anyone that was going. I very nearly didn't go as it was completely outside of my comfort zone but I am so pleased that I did. The retreat was in the most beautiful private villa and as soon as we arrived I felt instantly relaxed. The sessions we had with Fleur and Lucia were very thought provoking and positive. The exercise with Fleur and the Yoga with Trish were suitable for all levels and really enjoyable. I wouldn't hesitate in attending We are Peac workshops or retreats in the future. Having told all my friends about it, they all want to come to the next retreat. Thanks ladies, for making it such an amazing and memorable trip. (Gemma Ryan)

It was amazing to dedicate time and space to think about me right now and to leave with practical and nourishing tips that I am excited to use - thank you! (Sarah Smith)

For more information and bookings

CONTACT@WEAREPEAC.COM



*"There are only two days in the year
that nothing can be done.
One is called yesterday and the other is
called tomorrow, so today is the right
day to love, believe, do and mostly live"*
DALAI LAMA
