

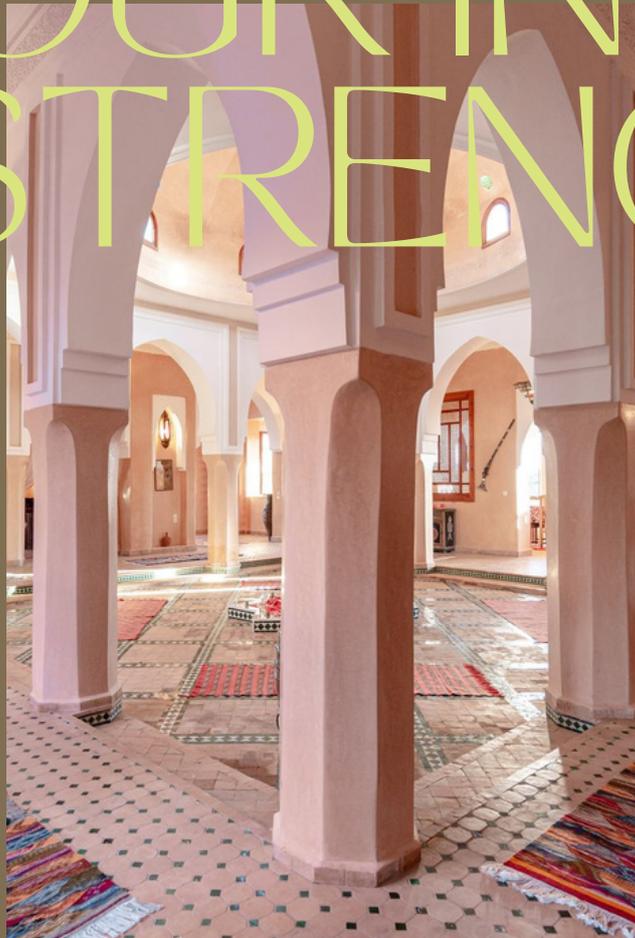


Awaken Your Inner Power

Marrakech Retreat
17TH - 22ND MAY 2022

“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 May 17th – 22nd 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 offer a true transformational experience: we will help you connect with your inner strength so life goes from “acceptable” to “exceptional”!

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!

Is this for me?

Have you ever felt like, on paper, you have everything, you tick all the boxes (house, family, partner, financials sorted...) so you "should" feel happier...yet, something is quite not right, you do not feel fulfilled.

But you do know that you want more, you want to feel better, you want to make the most out of your life.

Then this retreat is perfect for you.

Through a carefully designed program combining yoga, movement in nature and interactive workshops, giving the tips, tools and support to wake up to the life you desire.

THE VILLA



Just 10 miles from Marrakech, El Goutte 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 playert.

Retreat Package

Accommodation (May 17th till 22nd)
All meals included
Celebratory dinner in town centre, to
experience magical Marrakech
Yoga, fitness and workshops
£997 shared occupancy – £897 if booked
before April 8th
£1,497 single occupancy – £1,297 if booked
before April 8th
£397 – bring a friend

What's not included

Flights
Airport transfer (available upon request from
the villa)
Other trips / activities (see "what's on offer"
below)

What's on offer

Traditional moroccan scrub in the harman – £12
Massage in the massage room – £35
Cooking class – TBC
Trip to Ourika / Medina / Souk – TBC

A photograph of a villa at sunset. The villa is a single-story building with a reddish-brown facade and a flat roof. It is surrounded by a green lawn and some trees. The sky is a mix of blue and orange from the setting sun. Large, bold, yellow text is overlaid on the image, reading "WHAT'S INCLUDED".

WHAT'S
INCLUDED

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

Thank you ladies for a wonderful weekend – well done on putting together an insightful, didactic event. It reminded me of all the things we already know, but especially after lockdown, I needed a desperate reminder to look within! (Rashmi – Urban Swan)

All your work was very much appreciated and culminated in a lovely, revitalising and very memorable weekend. Thank you! 😊
I would thoroughly recommend the Awaken Your Inner Power Retreat (Annie Ball)

A wonderful opportunity to take time out from busyness of life to reflect who we really are and what we need to optimise our lives (Sonia Lay)

A fantastic way to reconnect with myself, my friends and nature. After a stressful year I feel relaxed and more mindful after this retreat (Anna Howard)

Such a beautiful space. The coaches were incredibly kind, attentive, caring (Orla Hashemi)

Nature, nurture and connection – all in one weekend! What a lovely way to spend a weekend. Thank you (Alina Barnett)

A wonderful opportunity for women to look after themselves before they continue to try and look after everyone else (Natalie Louise)

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)

A beautiful time to love yourself (Victoria Boxall-Hunt)

Remember to take time for yourself and don't feel bad for it! Breathe, listen to nature and enjoy silence. Just enjoy being in the moment – right now! (Melanie)

For more information and bookings

CONTACT@WEAREPEAC.COM
