



## Yoga + Pilates 'RE - NOURISH' RETREAT MOROCCO | 11-16<sup>TH</sup> MAY 2026

---

This retreat offers movement for the body, stillness for the mind, and adventure for the soul, creating space to truly reconnect with yourself, nature, and others; gently nourishing you back to a sense of clarity and wholeness.

We begin with three nights at a beautiful Kasbah, our stunning Atlas mountain sanctuary, surrounded by olive groves, citrus orchards, and sweeping valley views. Unwind to the peaceful rhythm of the mountains, connect deeply with nature, your practice, and nourish yourself with delicious, garden-fresh food. Midway through our stay, there is the chance to journey to a luxury desert camp for a day of deep relaxation—where you can lounge by the pool, soaking in the beautiful views of the desert and distant Atlas peaks.

We finish with two nights in Marrakech, staying in a peaceful Riad in the heart of the medina. Enjoy rooftop dinners, a sound bath, time to explore the souks, gardens, or simply unwind in our retreat space. This is a vibrant, nourishing journey to soak in Morocco, reconnect with yourself, and pause from the pace of everyday life.

THE YOGA CLASS

---

BY LAURA DODD



## THE PRACTICES

---

Your teachers are Laura Dodd and Bethany Watts. Laura is an experienced Yoga and Meditation teacher and 'The Yoga Class' Founder, with hundreds of hours training, learning and teaching experience, Laura has been practicing yoga and meditation daily for 10 years, and runs global retreats. Bethany is a seriously talented and super experienced Pilates, Barre, Yoga teacher, PT, 'The Yoga Class' favourite, and head trainer at some of the top London studios.

Laura and Bethany's teaching is a blend of mindfulness, strength, and flexibility, emphasising the importance of connecting breath with movement, and prioritising movement that works with you and your body rather than working against it, to create strength, tone and mobility. Their classes are not just workouts; they are holistic experiences designed to nurture body and mind.

Your dynamic morning Pilates session will strengthen, stabilise, sweat, energise and connect body and mind. Your evening candlelit Yoga session will slow down and take you back to centre and into deep relaxation with restorative yoga and Yin Yoga, including Meditative and Breath-work elements. A perfect equilibrium of movement and stillness to find harmony for the body and mind. All levels welcome.







## THE MOUNTAIN RETREAT

---

Perched high on a hill at the heart of the Ourika Valley, in the Atlas Mountains, our mountain retreat effortlessly fuses rustic charm with understated modern elegance. Built using traditional Berber techniques, its earthen walls blend seamlessly into the dramatic surroundings, while offering breathtaking 360-degree views across orange groves, olive orchards, and the snow-dusted peaks of the High Atlas Mountains. Inside, natural tones, Berber textiles, open fireplaces, and handcrafted furnishings create a warm, inviting atmosphere—an authentic Moroccan retreat.

Just 45 minutes from Marrakech International Airport, the kasbah is a gateway to a landscape rich in culture and natural beauty. The lush Ourika Valley, sustained by the river that shares its name, is dotted with vibrant villages and terraced gardens. Here, olive, lemon, and orange groves thrive alongside the wild, untamed terrain of the Atlas foothills—where centuries-old traditions remain woven into daily life.

Acclaimed by Forbes, Vogue Italia, The Sunday Times, Financial Times, Condé Nast Traveller, Elle, Harper's Bazaar and more, this location is celebrated as a sanctuary of inspiration. Its vibrant gardens, refined yet soulful interiors, artisanal textiles, and exquisite cuisine together offer guests an immersive experience of Morocco's timeless mountain serenity.





## THE ROOMS

---

The rooms are individually designed, offering a unique and distinct character. Each room features a harmonious blend of modern comfort and traditional Moroccan charm. Each space is thoughtfully decorated with a unique mix of Moroccan-Berber antiques, vintage rugs, Art Deco furniture, and handmade textiles.

All offer a ceiling fan, floor cooling system, free Wi-Fi, safety deposit box, and hairdryer. King-size beds can be configured as twin beds, ensuring flexibility and comfort for every guest.





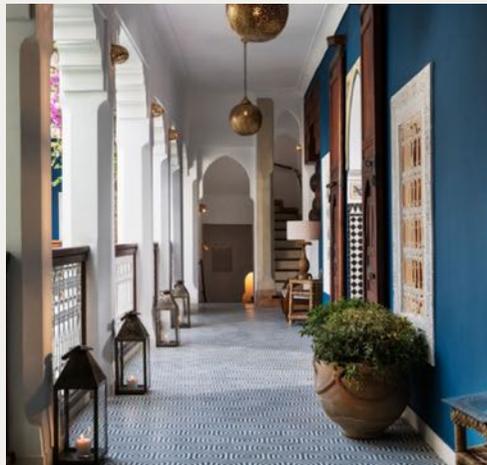
## THE MARRAKECH RETREAT

---

Nestled within Marrakech's historic medina, our Marrakech Retreat is a boutique sanctuary that's equal parts serene oasis and modern-chic. Meticulously restored by local artisans the riad pairs traditional elements, ornate plasterwork, hand-carved cedar doors, and zellij tiles, with contemporary accents such as jewel-toned walls and pop-art flourishes.

Stepping into its two beautifully appointed courtyards, you'll discover a mosaic-tiled pool and a tranquil marble fountain shaded by greenery. These intimate spaces are framed by elegant galleries that open onto cozy lounges, a small library, and a rooftop terrace, ideal for unwinding beneath the African sun or jasmine-scented night sky .

Named Architectural Digest's "Most Enchanting Riads in Marrakech", and praised by The Telegraph, The Times and many more.







## THE ROOMS

---

The rooms and suites at our Marrakech retreat are soulful and serene- each a distinctive blend of traditional Moroccan craftsmanship and contemporary elegance.

All rooms come equipped with air conditioning, ensuite bathrooms, hairdryer, free-wifi, toiletries, and thoughtful amenities such as premium linens and, in select suites, private fireplaces.

Many rooms open onto the riad's tranquil courtyards or offer views over the rooftops of the medina towards the distant Atlas Mountains.



## THE FOOD

---

Our Mountain Retreat prepares meals using fresh, locally sourced ingredients—and many vegetable and herbs are grown in its own garden- to olive oil pressed in the valley and free-range eggs. The kitchen blends traditional Moroccan techniques with refined presentation, offering vibrant tagines, lentil stews, and seasonal salads that capture the essence of the High Atlas. Breakfast spreads typically include fresh fruit, warm breads and pancakes, honey, yoghurt, and eggs while evenings are marked by communal meals around candlelit tables under the stars.

Our Marrakech Retreat serves up classic Moroccan dishes alongside vibrant, health-conscious salads made with organic ingredients. The riad's intimate courtyards and rooftop terrace – often lit by candles and overlooked by a starry sky – become the setting for flavorful Moroccan tagines, aubergine caviar, taktouka, zalouk, and black olives, blending authentic flavours with a casual elegance.

The last night will be at a top Marrakech restaurant on a pretty Marrakech rooftop,, showcasing modern Moroccan cuisine and with views of the Medina.

All dietary preferences and requirements are warmly accommodated with care and creativity.





## THE ITINERARY

---

### 11th May

#### *Recommended Flights*

*EASYJET 630AM LGW - 1015AM RAK*

*BRITISH AIRWAYS 825 LHR- 1200 RAK*

3PM Check in to Mountain Retreat- Goodie Bags

530PM Welcome Circle + Post-Flight Yoga Flow w/ Laura

7PM Dinner

### 12th May

745AM Morning Refreshments

8AM Dynamic Pilates w/ Beth

930AM Breakfast

1030AM Hike in the local villages and national park

230PM Afternoon Snacks, Treatments, and Relax at Retreat

530PM Yin Yoga w/ Laura

7PM BBQ Dinner Special

### 13th May

745AM Morning Refreshments

8AM Dynamic Pilates w/ Beth

930AM Breakfast

1030AM Optional Cooking Workshop or/ Relax at Retreat

230PM Afternoon Snacks, Treatments, and Relax at Retreat

530PM Slow Flow to Restore w/ Laura

7PM Dinner

### 14th May- Option 1

745AM Morning Refreshments

8AM Dynamic Pilates w/ Beth

930AM Breakfast

1030AM Relax at Retreat

1230PM Transfer to Marrakech Retreat

130PM Afternoon Snacks, Explore or/ Relax

6PM Sound Meditation Special

730PM Dinner At Marrakech Retreat

### 14<sup>th</sup> May - Option 2

745AM Morning Refreshments

8AM Breakfast

9AM Transfer to Agafay Luxury Desert Camp

1030AM Relax at Desert Camp

1PM Lunch

2PM Relax or/ Optional Activities

4-5PM Transfer to Marrakech Retreat

6PM Sound Meditation Special

730PM Dinner At Marrakech Retreat

### 15th May

745AM Morning Refreshments

8AM Dynamic Pilates w/ Beth

930AM Breakfast

1030AM Personal time for Souks, Medina or Relax at Marrakech Retreat

230PM Optional Treatment at La Mamounia or/ explore

530PM Restorative Yoga + Closing w/ Laura

730PM Dinner at Special Rooftop Location

### 16th May

730AM Breakfast

12PM Latest check out.

#### *Recommended Flights*

*EASYJET 1120AM RAK- 1455PM LGW*

(This is a sample itinerary and days/ times of activities may be subject to slight changes)





## WHATS INCLUDED

---

- 3 nights luxury accommodation at Mountain Retreat
- 2 nights luxury accommodation at Marrakech Retreat
- Twice daily yoga, Pilates + meditation sessions
- Sound Bath special
- Healthy brunch, afternoon snacks and evening menu
- Guided Hike in local village and National park
- Complimentary 30 min Hammam or Massage at Mountain Retreat
- Souks and Medina visit in Marrakech
- Final night dinner at special Marrakech rooftop location
- Airport transfers (*subject to booking recommended flights*)
- Welcome Goodie Bag packed with wellbeing gifts

## WHATS NOT INCLUDED

---

- Flights to Marrakech (usually £100 ish return from the UK)
- Travel Insurance
- Optional Cooking Class at Mountain Retreat (£45)
- Optional Desert Camp Day Trip and Lunch (£85)
- Optional Desert Camp Activities inc. Sunrise Hot Air Balloon (various)
- Optional Marrakech Treatments or Trips (various)
- Alcoholic drinks





## THE PRICES

---

Early Bird Shared Occupancy per person- £1850  
Shared occupancy per person - £1950

Early Bird Single Occupancy- £2350  
Single occupancy - £2450

To secure your booking a 50% deposit is needed and the balance will be paid 60 days before arrival. Early Bird runs until 10.01.26



Love your hosts,  
Laura + Bethany xx

